

Christopherr Rose Life Story (Part 2)

My Life Is Like a Story

By Christopher Liam Rose

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Acknowledgements

I am writing this book to explain my Life Story with the world and inspire people to help other people and giving back. My Life Story has true life experiences that I have been through in my life which is very deep and insightful. I want people to understand that you can go through serious life experiences and become the person you want to be through Jesus Christ & God & developing your faith.

Table of Contents

Introduction	6
Chapter 1 - Getting Tattoos.....	9
Chapter 2 - Childhood Experiences	12
Chapter 3 - Senior Recovery Worker at Hestia.....	18
Chapter 4 - Getting My Honda Vision 110cc Motorbike	27
Chapter 5 - Peer Support Worker At (SWLSTG) (NHS)	33
Chapter 6 - Bank Support Worker at Beecholme Adult Care	50
Chapter 7 - Senior Peer Support Worker at West London (NHS) Trust.....	63
Chapter 8 - Someone Stealing My Honda Vision 110cc Motorbike Outside My Older Brother Property.....	77
Chapter 9 - Getting Back My Honda Vision 110cc Motorbike from Police	81
Chapter 10 - Employment Specialist At (SWLSTG) (NHS)	87
Chapter 11 - Training as A Listening Volunteer at Samaritans	149
Chapter 12 - Training as A Speaker at WaterAid.....	153

Chapter 13 - Going to Church and Praying to Jesus Christ & God.....	156
Chapter 14 - Building Christopher Liam Rose Ministries and Doing the Evangelism Ministry	168
Chapter 15 - Christopher Liam Rose Creating Spiritual Music.....	173
Chapter 16 - Christopher Liam Rose Changing into Living for Jesus Christ & God	185
Chapter 17 - Christopher Liam Rose Changing into Living the No Self and Selflessness.....	191
Chapter 18 - Living Spiritual Life Purpose & Calling.	197
Chapter 19 - Becoming A Spiritual Evangelist.....	207
Chapter 20 - Starz Gang Rockstarz (SGR)	217
Chapter 21 - Living A Spiritual Life.....	239
Chapter 22 - Achieving My Dreams & Desires.....	244
Chapter 23 - Losing, Suffering, Sacrificing My Whole Life to Be with Jesus Christ & God	255
Chapter 24 - Spiritual Fulfillment.....	263
Chapter 25 - Selflessly Helping Other People	266
Chapter 26 - Thank You.....	270

Introduction

This book is the Sequel book to my first book called Christopher Rose Life Story (Part 1). The reason why I want to write Christopher Rose Life Story (Part 2) is because I want the world to see how I have progress in my life and faith since I wrote my first book and where I am today within my life.

My life story has been very challenging and difficult for me, but I have learnt so much about myself and who I am as a human being.

I want to acknowledge the People who have helped me to become who I want to be in my life and who helped me to become a Spiritual person.

Paul Dorrington (Lead Employment Specialist) – Paul helped me to work within the mental health industry and taught me how to help other people & give back

Karen Meechan (Clinical Psychologist) – Karen helped me to overcome my past & mental health difficulties through Counselling Therapy and taught me how to help other people and give back.

Dag Heward Mills (Evangelist, Pastor, Teacher) – Dag helped me to understand my faith and relationship with Jesus Christ & God through church. I haven't met Dag Heward Mills in person yet, but I have read hundreds of books from Dag Heward Mills and watched hundreds of Sermons, Videos and listened to hundreds audio sermons & podcast from Dag

Heward Mills. Dag Heward Mills is the founder of Lighthouse Chapel International. I attend 1 of Dag Heward Mills church called Lighthouse Chapel International (Battersea Branch)

Samaritans – Samaritans helped me to deal with my low, challenging, difficult, hard days when I will call them over the phone and have long conversation to help me cope with my mental health difficulties and anger problems.

Jesus Christ & God – Jesus Christ & God has helped me to develop my faith & Spiritual life and I am a born-again Christian who has devoted my whole life to Jesus Christ & God in the Christianity Faith. Jesus Christ & God is Lord.

I am so grateful from the help & support all these people have given to me in my life story and They are the real reason why I am able to write my Life Story (Part 2) book today. All these people have inspired me to live a Spiritual Life and Help other people.

Chapter 1 - Getting Tattoos

When I was younger as a musician working in Starz Gang Rockstarz (SGR) Music Business. I wanted to get Tattoos to help me look more like a Music Artist and because I always wanted to have Tattoos. When I got Tattoos, I wasn't a Christian at the time because I was a young musician create music for SGR company. All the Tattoos that I have on my skins means something very important to me because it Tattoos which reflect my life and my younger lifestyle at the time.

These are my Tattoos.

Face – Left Ear: Music Note – I have a Tattoos of a Music Note on my Left Ear to show my passion for Music.

Face – Right Ear – Cross – I have a Tattoos of a Cross because I do believe in Jesus Christ & God but I was not living as a Christian at that time in my life, but the Cross of Jesus Christ is very important to me

Neck – Left Side of Neck – Rose – I have a Tattoos writing saying Rose because this is my family name and my family is important to me

Neck – Right Side of Neck – Reckyz – I have a Tattoos writing saying Reckyz because this is my Music Artist name before I changed it to my real name Christopher Liam Rose

Arm – Left Arm – Life is What You Make It – I have a Tattoos of writing saying Life is What You Make It because my mother use to say this to me when I was a young teenager and these words that my mother said to me has motivated my life to where it is today because I believe that Life is what you make it and you can become anything you want to be if you put in the work and help other people.

Arm – Right Arm – Success and Happiness are my only goals – I have a Tattoos of writing on saying Success and Happiness are my only goals. This is important tattoos for me because at that time when I was doing music as a

musician all I ever wanted is to achieve Success & Happiness in my life and go for my dreams & desires.

Now that I am older and still have the Tattoos on my skins, I do have some regret from getting them do because I never knew in my future that I would have become a Born-Again Christian and live for Jesus Christ & God but when I was younger, I thought Tattoos would be cool but Now I regret getting them do because I have changed Spiritually into a Christian of Jesus Christ.

I am a very passionate Christian and now I want to honor Jesus Christ & God, but I cannot change the Tattoos on my skins because these are permanent Tattoos unless I get the Tattoos Removal.

Chapter 2 - Childhood Experiences

In my Childhood I grew up in a Council Estates in Tooting called Rame Close, Church Lane where I lived with my mother, Twin Brother, Older Brother in a 3 Bedroom House. Growing up in Tooting was very difficult and challenging due to Gangs, Crime, Drugs, Violence within Tooting which causes lots of corruptions, anger, violence, greed in people lives. Most of my friends & neighbor was drug dealers and gang members who lived with Tooting, Rame Close in the Council Estates. Because of all the hardships and challenges I face growing up from Parents Divorce, Drug Overdose, Trying To Commit Suicide, Abortion of Children by Ex-Partner, Family Abuse, Friends Passing Away due to Gun & Knife Violence, Break Up Relationships with Women, Friends that Betrayed Me, Family Members Pass Away, The negative Lifestyle I was living as a Robber & Drug Dealer, This started to get to me mentally and I developed a Mental Health conditions of Psychosis & Depression due to having such a horrible Childhood with challenges and hardships. My Childhood was destroyed due to all the

negative things I experience and having my mental health conditions of Psychosis & Depression. I also have development Anger & Resentment towards myself, family, friends due to all the things I have been through which has also been very negative and soul-destroying.

Tooting is my hometown, and all of the gang lifestyle was not the right lifestyle for me but I choose at the time to live that life because I didn't know anything else and plus because I lived in Council Estates in Rame Close, Church Lane. I can see how some of my negative past & challenging Childhood has helped me to become the person I am today because I suffered so much and went through so many life experiences at such a young age.

I do come from a lovely family but due to my Parents' Divorce this broke my family – Brothers & Sister and we could not cope with our Parents breakup which has cause pain, hurt, suffering, misery for all of my brothers & sister which has affect our life in our Adulthood.

I believe that Jesus Christ & God wanted me to learn things about myself when I was younger so I can be called to become an Evangelist, Teacher, Preacher of the Gospel of Jesus Christ & God.

There are many regrets have from my Childhood which has cause Anger, Frustrations, Pain Suffering, hurt in my Adulthood but I cannot change the things that happen in the past and I have to live with it which has become very difficult to live with.

Jesus Christ & God have shown me that my life experiences in my Childhood would become my Testimony in my Adulthood and all the life experiences I have gone through can be used to Help other people & give back.

Just because I have regrets about my past, I am grateful for the life lessons I have learnt from Tooting, Rame Close, Church Lane and how it has shaped my character & personality today. Due to being involved in Gangs, Crime Violence I know now that I never want to live that lifestyle

ever again and now in my life, I am focus on doing the Lord work of Ministries & Evangelism for Jesus Christ & God. There is something about going through serious suffering, hurt, pain that make you become a true inspiration and spiritual person.

Now that I look back of all the years, I suffered deeply with mental health problems and my mental health conditions this was the main core and the main thing that helped me to work within the Mental Health Industry today because I know how much I have suffered due to living the Gang Lifestyle and going through challenges & hardships.

I am very devoted in changing Humanity, Animals, Universe for the better through my Christopher Liam Rose Ministries and the work I do in Helping Other People. All of my life experience has led me to help other people and give back in my life.

I realize that Jesus Christ & God wanted me to Help Other People & Give back due to all of the life experiences I went through in Tooting, Rame Close, Church Lane.

My Suffering is the main reason why I am doing the work of Ministries and have become an Evangelist – Teacher in the Christianity Faith.

I want you to understand that I am not a perfect person with Tattoos & Long Hair and I have made serious mistakes which has destroyed me mentally, emotionally, spiritually, physically, but if Jesus Christ & God can use all the pain & suffering, I have experience to help other people then it shows that Jesus Christ & God can do lots of Miracles for people & Christian who believe in Jesus Christ & God.

It not your problems that make you who you are, It's the person you become that make you who you are.

My Nan has been a devoted Christian for many years, and she use to take me to church & read the bible when I was

younger but due to my life experiences, I started to develop my own relationships with Jesus Christ & God.

My Nan is one of the main reasons why I became a Christian and started to live my life for Jesus Christ and God.

Chapter 3 - Senior Recovery Worker at Hestia

When I was working for Look Ahead has a Mental Health Recovery Worker, I got a Dismissal due to bad work performance and had to leave that job. This was very painful, but my Manager Brigita did offer me a Bank Support Worker position with Look Ahead where I would work Bank Shifts in the Mental Health Recovery House supporting and helping clients with mental health. I did accept this Bank Support Worker role but I was very anger and upset with Look Ahead Management for their Dismissal as I worked very hard for months trying to maintain my job as Mental Health Recovery Worker and I really did enjoy my roles. Of course, being on a Bank Shift Rota means I wouldn't get Bank Shifts every week due to the Nature of Bank Work but I would have to look on the Look Ahead Portal to see when they had Bank Shifts which I did do some. I was a Bank Support Worker from July 24th, 2019 – May 10th 2022. I did not do Bank Shifts through all of that time due to other Work Commitment,

but I was a Bank Support Worker during those times and I choose when I wanted to work Banks Shifts.

Due to losing my Employment as a Mental Health Recovery Worker in Look Ahead I decided I need to start looking for new employment and find a Job where I would be valued and respect within the Organization. I always had a deep passion to help other people due to my life experience and things I went through. This passion for helping other people was the thing that was motivating me to keep looking for employment & jobs within mental health. Working in mental health has been my life vocation and I was not going to give up just because I loss a job with an organization that didn't value my work and the way I helped other people. I started to look for mental health jobs on www.indeed.com and I always had a desire to work for the Hestia. I heard lots of positive things about the Hestia and I wanted to find a job with Hestia. I found a Full-Time role as a Senior Recovery Worker with Hestia within Wandsworth which was great for me because I lived in Battersea South West London and this role would

be closer for me to get to and commute to work. I apply for the Senior Recovery Worker role and submit the Job Application on Hestia Careers Website.

After a few days I received an email that I had a Job Interview with Hestia for the Senior Recovery Worker with Hestia which I was very happy about because I really wanted the role. I had a Job Interview with the Management in Hestia for the Wandsworth Team, and I just showed my passion for helping other people and my years of mental health experience which I have worked throughout the years. The management in Hestia was very impressed by my personality and character and said you have done really well within the Job Interview, and we will be in contact within a few days' time to let you know if you were successful or not.

I remember feeling positive because I know I answered all the questions in the Job Interview to the best of my abilities. I believe truly that I did effort to get the job as a Senior Recovery Worker. Sometimes when I have Job interviews, I get an intuition that it went well or not.

I got an email for Hestia management saying “You Got the Job as Senior Recovery Worker and you will be working in the Wandsworth Team”. I was so happy and excited that I got the

job as a Senior Recovery Worker with Hestia because it was a dream that I had to work within the Hestia Organization.

I worked as a Senior Recovery Worker - Hestia - from September 18th, 2019 – May 21st 2020. My first day working as a Senior Recovery Worker I met my manager Suzana Stoyanova (Team Leader) and she showed me around the Wandsworth Team & the Recovery Homes I would be working in. I was very excited about this new Job and was very excited to start working with the clients. Suzana showed me around the Recovery Homes that I would be working in within Wandsworth.

I had a caseload of 12 – 15 clients which I had to support within the Recovery Homes in Wandsworth. All the

clients had mental health difficulties and severe mental health

conditions. As a Senior Recovery Worker my role was to make sure that clients got the right mental health recovery support and treatment for their mental health conditions. This role was a first Senior role, and I was responsible for the 12 – 15 clients mental health treatment & mental health recovery. As a Senior Recovery Worker, I was also responsible for looking after the Recovery Homes for the clients which means managing all of the repairs and maintenance within Recovery Homes. Being a Senior Recovery Worker was a very stressful work because all the clients had very severe mental health conditions which means clients was struggling to cope with their mental health conditions. As Senior Recovery Worker I was also responsible for giving clients their medications every morning, afternoon, evening.

The Work shifts as a Senior Recovery Worker was from 08.30 – 15.30 or 14.30 – 22.30. All the Senior Recovery Worker was met to work both morning shifts, afternoon

shifts, evening shifts. Sometimes as a Senior Recovery Worker I found the work very stressful and challenge due to the Nature of travelling to Recovery Homes and looking after vulnerable people. This role really drained my energy, and you had lots of responsible due to being a Senior Recovery Worker. As I was working as a Senior Recovery Worker a lot of mistakes was being made by Hestia Management and there was not much Leadership from Hestia Management when it comes to training staff on the frontline working with clients. I realize during 3 – 4 months of working with Hestia as a Senior Recovery Worker I may need to start looking for new employment due to the poor management and lack of leadership within Hestia Management.

Working as a Senior Recovery Worker was rewarding but I realize the pressure and stress of the work was a bit too much and I need to find a new job which was more suitable.

As a Senior Recovery Worker, I worked with clients and did Mental Health Recovery Sessions where I would

support a client in looking at coping strategies and ways, they can improve their lifestyle and living within Hestia. Most of the clients the Recovery Home was very mentally depressed and didn't have coping strategies to help themselves with their mental health conditions. As a Senior Recovery Worker, I realize I need to provide lots of mental

health recovery support to the clients because they were very vulnerable and mentally depressed. Sometimes within the role I would feel sad for the clients because they were very isolated and didn't see friends or family often. Most of the clients within the Recovery homes stay in their rooms for most of the day and only went out when they needed to smoke or get some food. As a Senior Recovery Worker, you had to have lots of patience and resilience to support these clients within the Recovery Homes due to the vulnerability of the clients with their mental health conditions. As a Senior Recovery Worker, we used to have team meetings with the Wandsworth Team where we would discuss clients, Recovery Homes, Hestia.

Sometimes within the Team Meeting staffs would get very emotional & upset due to the lack of Leadership & Management within Hestia and the Wandsworth Team. This was not good and as I would attend lots of Team Meetings, I realize that Staff was not happy with the way things was running within Hestia Management.

I did try my best to talk with my Manager Suzana about the lack of Leadership & management with Hestia and that the Wandsworth Team needs more guidance from Hestia Management but nothing happening, and the Mental Health Recovery Services started to get worst and worst.

As a Senior Recovery Worker, I would also have Monthly Meeting with clients in Recovery Homes to updated client on the recent changes, Health & Safety, Fire Safety within Hestia. These Monthly meeting was very important for the clients because they need to know what is happening with their mental health recovery care and treatment.

Working as a Senior Recovery Worker was hard work and I started to feel burnt out and drained to the intensity of the

workload and the travelling to different Recovery Homes. I realize that the Wandsworth Team was really struggling with the pressure of caseloads and Recovery Homes. As a Senior Recovery Worker there was lots of work, we were responsible for and because there was lack of Leadership & Management within Hestia Wandsworth Team the work got more and more intensive and harder.

Chapter 4 - Getting My Honda Vision 110cc Motorbike

Working as a Senior Recovery Worker was starting to get overwhelming and the travelling the different Recovery Homes was started to become very tiring and stressful. I realize that I want to buy a Motorbike to help me with travels & commute to work and in my personal life. I went to Ahsan Scooters Streatham to look for a new Motorbike to purchase and they had lots of Motorbike within the shop, so it was hard to choose which motorbike I wanted. The staff showed me a Second-hand Honda Vision 110cc Motorbike which looked very clean and work working properly. The staff said there has only been 1 another owner that has use this Motorbike. The Honda Vision 110cc Motorbike was made within 2017 and was a newer model of the Honda Vision. I realize that this was the Motorbike for me, and I was very excited about getting it. I had lots of money which I saved up to buy this Motorbike and I said to the staff that I would like to purchase the Honda Vision 110cc Motorbike today.

Staff said OK you can purchase the Motorbike today but it will cost £1900.00. I said that over my budget can we negotiate a price which is around £1500,00. The staff said No because this Motorbike is high in demanded. I said what is the lowest price your prepared to go to and we can make the deal today. I said to them that I would also buy helmets, groves, motorbike lock, for the Motorbike because I really need this equipment. Staff said Ok we can go to

£1600,00 and you can buy Motorbike Equipment. I said OK we got a deal and I paid for the Second-hand Honda Vision 110cc Motorbike directly from Ahsan Scooters Streatham on 22/02/2020.

While I was at the Motorbike shop, I asked staff to sort out my Insurance, Road Taxes, Mot for my new Honda Vision 110cc Motorbike. The staff sorted out all of my insurance, Road Taxes, Mot at the shop and I was ready to ride my Motorbike. I also purchase all the Motorbike Equipment & Gear for around £200.00 which was great because I got

a new helmet, groves, motorbike lock, motorbike chain for my new Motorbike. I asked the staff if

there was a place where I can add storage to my motorbike so I can carry things like Food Shopping & Rucksacks on my motorbike. The staff said yes there is a Motorbike Garages called Brixton Motorbikes who can add storage box to your Motorbike. I said that you so much for helping me and now I am ready to ride.

I ride my Motorbike for the first time from Streatham to Battersea on the main roads and this was amazing experience I felt so happy that I purchase a new Motorbike. This was the Second Motorbike I ever had within my life, and I had experience of riding motorbikes because I had a Motorbike when I was a Teenager.

Once I had my Motorbike and locked it up outside my flat in Battersea. I was so happy now that I can travel on my new Motorbike to Work & different Places,

Before I was able to get my motorbike from Ahsan Scooters Streatham. I had to do my CBT Motorbike Training and Get a Provisional Driving License. I did my CBT Training with Advantage Wimbledon Motorcycle Training in Wimbledon on 20/02/2020 and I had to do the Theory Learning of Riding a Motorbike, Highway Code, Practical Motorbike Lessons of Riding a Motorbike in a Training Park and then we do the CBT Motorbike Practical Riding Test where I and Motorbike Instructor went on the main Road in Southwest London and I did my Practical CBT Riding Test. I passed my CBT Motorbike Training Test and got a CBT Certificate which gives me 2 years where I can ride my Motorbike on the Roads with a Provisional Driving License. I passed my CBT when I was 31 Years Old in 20/02/2020.

I went to Brixton Motorbikes in Brixton to get a Storage box & Mobile Phone Holder on my Motorbike. I spoke to the Motorbike Mechanist and said to them how much would it cost to purchase a Storage box for my new Motorbike. The Motorbike Mechanist said it would cost

£50,00 Plus Labor. So, I said to the Motorbike Mechanist ok I will purchase the Storage box & Mobile Phone Holder for my Motorbike. The Motorbike Mechanist started to work on installing the Storage Box & Mobile Phone Holder on my Motorbike. Once the Motorbike

Mechanist was finished; I ride my Motorbike from Brixton to Battersea with a new Storage Box & Mobile Phone Holder. I was very happy that I had a new Storage Box & Mobile Phone Holder on my Motorbike.

Now that I had a new Motorbike, I would ride the Motorbike to Hestia Recovery Homes and lock up the Motorbike outside of the Recovery Homes in the Parking Area. The Motorbike make my work easier to manage because I was able to ride to different Recovery Home and get to places much quicker on my Motorbike. I would use my new Motorbike to help clients by getting Medication from different Pharmacy within Wandsworth and delivery the medication to clients in Recovery Homes. I would help my Wandsworth Team with different delivery duties on my Motorbike which was important for support the clients.

The Motorbike help me to do my work as a Senior Recovery Worker more effectively, but I still needed to find a new job due to the lack of management & leadership within Hestia Management.

Chapter 5 - Peer Support Worker At (SWLSTG) (NHS)

As I was working as a Senior Recovery Worker at Hestia, I started to do Job Searching and looking for a new job. I always wanted to go back to the NHS and build my career within the NHS as this is where I saw myself in the future when it comes to mental health work. I started to look for jobs on www.indeed.com and www.nhsjobs.com for Job Opportunity. Because I was so disrupted to leave my Senior Recovery Worker role with Hestia, I was looking for any jobs within the NHS where I can build up my career in mental health. I found a Job Opportunity to work for SWLSTG (NHS) as a Peer Support Worker (Part Time) 16 – 20 hours per week in Richmond Home Treatment Team. I said to myself this is a great Job Opportunity to work for the NHS and work for an NHS Trust which I have so much respect for. So, I apply for the Peer Support Worker Role and completed the Job Application on www.nhsjobs.com.

I was happy that I apply for the Peer Support Worker role in SWLSTG (NHS), and I was really looking forward to maybe getting a Job Interview with Richmond Home Treatment Team. I was still working as a Senior Recovery Worker in Hestia as I was applying for new job opportunities. I didn't tell Hestia Management or my manager Suzanna that I wanted to leave my current role as a Senior Recovery Worker, but I was really hoping I get this job and move on within my career in Mental Health.

A few weeks went by and I check my emails I received an email for Polly Grogan (Team Manager) in Richmond Home Treatment Team saying that you have a Job Interview and we would like to meet you. I was so happy and excited because this was a great Job Opportunity, and I really wanted this job.

I had to go to Springfield Hospital and have a Job Interview with Polly Grogan & two Senior NHS Managers. In the Job Interview I showed my passion for Mental Health Work and my Passion for Peer Support. I also explained my previous experience working as a Peer

Support Worker for CNWL and explained my Mental Health Journey with SWLSTG due to meeting

Paul Dorrington & Karen Meechan in Springfield Hospital in 2014 when I was last sectioned in Hospital for Homelessness & Mental Health Crisis. Polly Grogan and the Senior Management was very impressed by my personality & character and my life story of mental health difficulties. Polly Grogan asked me in the Job Interview which location did you want to work in we have 2 locations for the Peer Support Worker roles 1) Springfield Hospital, 2) Queen Mary Hospital. I said I can work in any location, but I would love to work in Springfield Hospital due to my life story and history I have with Springfield Hospital. Polly Grogan asked me if you have a Motorbike or Car because you will be travelling to clients' homes. I said to Polly Grogan that I have a new Motorbike Honda Vision 110cc which I can use to travel to client homes. Polly Grogan and the Senior Management said you have done very well in this Job Interview, and we will be in

touch in the next few days to let you know if you were successful or not.

I felt like I did super great in this Job Interview, and I was sure & positive that I was going to get the Job. I was still working as a Senior Recovery Worker in Hestia Wandsworth Team, and I told some of the Wandsworth Team that I had a Job Interview with the NHS for a Part Time Peer Support Worker role with SWLSTG (NHS). My colleague was happy for me because they all understood that nothing of us is happy working in Hestia due to the lack of Management & Leadership.

A few days went by, and I received an email from Polly Grogan saying Thank you for coming to the Job Interview we would like to tell you Congratulations you got the Job as a Peer Support Worker in SWLSTG (NHS) Part Time 16 – 20 Hour Per Week Well Done.

I was super happy and said to myself Jesus Christ & God has provided me this Job Opportunity and my dream to work within the NHS again is about to come true. This was

the news I was waiting for, and I couldn't wait to let my Wandsworth Team know in Hestia that I am leaving my Senior Recovery Worker role to join the NHS (SWLSTG).

I first told my manager Suzanna that I am going to be leave Hestia and going to work for the NHS as a Peer Support Worker in SWLSTG (NHS) for Richmond Home Treatment Team.

Suzanna was very shocked but happy that I got a new job, and I was building my career within Mental Health. I then told the whole Wandsworth Team and Hestia Management that I got a new Job and I will be leaving my role as a Senior Recovery Worker and the Wandsworth Team was very happy for me and said congratulations.

On May 21st 2020 I finally left Hestia as a Senior Recovery Worker after working for Hestia for around 9 Months. I told all the 12 – 15 clients goodbye it has been great working with you and wish you the very best in your mental health recovery. I said goodbye to all the Wandsworth Team and said thank you so much for giving

me the opportunity to work with you it has been great and I have enjoyed working with a hard-working team. I said goodbye to Hestia Management and said thank you for everything and gave me this opportunity to work for Hestia it has been great.

I was so happy that I was leaving Hestia and moving into the NHS which was the organization I always wanted to work for and be a part of.

I started my work as a Peer Support Worker (SWLSTG) (NHS) on 2nd June 2020 – 28th January 2021 within the Richmond Home Treatment Team. I ride my motorbike to Queen Mary Hospital and lock up my Motorbike in the Parking Area. On my first day as a Peer Support Worker for Richmond Home Treatment Team Polly Grogan introduced me to the Richmond Home Treatment Team. The teams had lots of staff within in from Occupational Therapists, Doctors, Consultants, Peer Support Workers, Recovery Support Workers, Nurses, Community Practitioner Nurse (CPN), Team Manager, Psychologist, Psychiatrist.

I was very happy that now I was working within the NHS again in SWLSTG as a Peer Support Worker. Polly Grogan explained to me what I would be doing in my role as a Peer Support Worker within (SWLSTG) Richmond Home Treatment Team. Polly Grogan that your role is to really share your lived experience of mental health with clients and provide Peer Support for client's mental health difficulties. Polly Grogan said I would need to support clients on their mental health recovery journey, and you will be working Part Time as a Peer Support Worker

09.00 – 17.00 on Monday, Tuesday, Thursday for 16 – 20 hours. This was great because I had

days off in this role which I could use to really look after myself by sharing my lived experience of mental health. I said to Polly Grogan thank you so much for giving me this job opportunity and yes, I will provide great Peer Support to the clients.

Because I had experience of being a Peer Support Worker before in CNWL I already knew a lot about providing Peer

Support within Mental Health Services in the NHS. I realize my previous work experience of being a Peer Support Worker will really help to do this role effectively.

Polly Grogan showed me all around Queen Mary Hospital so I was familiar with the hospital and Richmond Home Treatment Team.

During the next few weeks, I started to work with clients as a Peer Support Worker within Richmond Home Treatment Team. What I had to do as a Peer Support Worker was share my lived experience on mental health in a professional way to clients who was experience mental health difficulties, I had to help clients with doing Universal Credit & Benefits Forms, I had to help clients within their mental health recovery, I had to signpost & referral clients to different Mental Health Services, I had to engage clients with Richmond Home

Treatment Team and get clients extra support from Occupational Therapist, CPN, Recovery Support

Workers, Employment Specialist, Doctors, Consultants, Psychologist, Psychiatrist.

I would have to travel to clients' homes on my motorbike within Richmond, Twickenham, Putney, Wandsworth, Roehampton areas. It was very great to be a Peer Support Worker again within the NHS (SWLSTG) and I really did enjoy inspiring clients with my mental health story and how I became a Peer Support Worker.

As a Peer Support Worker (Part Time) in SWLSTG (NHS) Richmond Home Treatment Team

I had a caseload of 5 – 10 clients because I was only working part time 16 – 20 hours per week, 3 days a week. This caseload was very manageable due to be used to working with a full caseload of 15 – 20 clients in Full Time Roles.

As a Peer Support Worker, I had to write Progress Notes once I finished my Peer Support Sessions with clients

which I would write in great detail due to making sure all the correct

information was on client records & files. As a Peer Support Worker, we use the RIO system which is one of the most globalize database & Mental Health Systems in UK. I was used to using the Rio System due to working in the NHS before and working in other organization which used Rio System.

As a Peer Support Worker, I would have to do Dialog Scale Assessment which basically find out information about the clients in where they were within their mental health. The Dialog Scale would be used on my first meetings of Peer Support Sessions with clients and when I finished working with clients in Peer Support, we would do another Dialog Scale Assessment to see how Peer Support helped the client in their mental health recovery.

As a Peer Support Worker, I would need to attend MDT Meetings, Zoning Meeting, Peer Support Meeting, Supervisions, Team Meetings. This was very important

with the role because this was the way to find out more information about the clients on Richmond Home Treatment Team caseload and when the team would be together working through the caseload.

Working as a Peer Support Worker was very rewarding, and I felt like I was making a massive difference in people lives which was very fulfilling for me due to working in mental health for so many years. I realize that Peer Support is an important way to help clients in their mental health recovery.

As a Peer Support Worker, the Peer Support Session with clients was very important for me and the clients and I realize my skills, knowledge, experience, abilities were growing in this role and I became a very good listening and provide excellent Peer Support.

Sometimes in my role I would do join Home Visits with Nurses, OT, CPN, Doctors, Peer Support Workers, Recovery Support Workers to help a client within their home and provide excellent mental health support.

Some of the clients had very serious mental health conditions and was really struggling with the mental health conditions. Some clients were living in very poor living environment and going through serious life challenges.

I realize to be an effective Peer Support Worker you need to be very empathic and compassionate towards your clients and try your best to understand their mental health difficulties in a non-judgmental way. This was very important insight I learn as a Peer Support Worker which really helped me to provide effective Peer Support to clients.

I would have Supervision with a Nurses within Richmond Home Treatment Team once a month which was very useful & helpful to me because it gave me the space to talk about my feelings & emotions and how I was doing within my caseload as a Peer Support Worker.

Being a Peer Support Worker is very important work and I really valued the importance of Peer Support within the NHS (SWLSTG).

Working as a Peer Support Worker was helping me to find my life work within Mental Health Services and I realize how much I loved being a Peer Support Worker within the NHS (SWLSTG).

The Peer Support Sessions are given to clients was Life-Changing Mental Health Innervations & Mental Health Support which I really appreciated and valued. Working with the clients with mental health difficulties and providing Peer Support became an inspiring Vocation & Career for me within Mental Health and I was sure I was doing the right thing and working towards a positive career path,

Richmond Home Treatment team was a great team to be a part of with really great NHS Staffs who really care for the clients and worked very hard to maintain an effective NHS mental health service.

I realize as a Peer Support Worker Part Time that I may need to look for a Second Job to help me with my finance. Because I was only earning a Part Time Salary as a Peer Support Worker, I realize it would be helpful to look for a Second Job and still work as a Peer Support Worker for 3 days in Richmond Home Treatment Team.

I realize that I wanted to work within the NHS and work a Second Job to gain more income due to my Part Time role as a Peer Support Worker.

I started to do some Job Searching and I would apply to jobs which was part time or bank roles on www.indeed.com. I found a good Job Opportunity as a Bank Support Worker in Beecholme Adult Care which was providing Bank Shifts. I apply to this Job Vacancy because this was a perfect role for me to work Bank Shifts as a Bank Support Worker and I already had Support Worker work experience as I have been a Support Worker two times within my career in Reamcare & Care Management Group.

I didn't tell my management in Richmond Home Treatment Team that I applied to Bank roles because I didn't want them to think that I was leaving my role as a Peer Support Worker.

I did a lot of Job Searching and keep on applying to any Support Worker roles on www.indeed.com which was part time or bank roles.

After a few weeks of applying to jobs in Mental Health I received an email for Service Manager Beata Kozlowska from Beecholme Adult Care saying that they want to invite me for a Job Interview for the Bank Support Worker role in Beecholme Adult Care. I was very happy about this because I knew this would be a good Job Opportunity to work Part Time on Bank Shifts.

I had a Job Interview on 10/06/2020 with Beata Kozlowska (Service Manager) at Beecholme Adult Care and I was very passionate and answers all the Job Interview Questions to the best of my abilities. Beata explained about the Bank Support Worker role and the

Beecholme Adult Care Organization in the Job Interview. I remember that I showed my passion for mental health and explained my work experience in Peer Support, Mental Health Recover, Support Work. I made sure in the Job Interview that I gave it my all and I really was very interested in this role. Beata said to me you have done very well in this Job Interview and we will be in contact in the next few days to let you know if you been successful or not.

After the Job Interview, I felt like I did effort to get the job and my intuitions was feeling like I did something right in the Job Interview.

As a Peer Support Worker, I continue to work in my roles support & helping clients with mental health difficulties.

A few days went by and I received an email from Beata saying you have got the Job as a Bank Support Worker and you will be working on a Bank Contract on Rota Based. I was so happy that I got this role and I was grateful that I would be working in a new organization and earning more

income. Because I got this role, I now had 2 Jobs 1) Peer Support Worker at SWLSTG (NHS) 2) Bank Support Worker at Beecholme Adult Care.

I was very happy that I had 2 Jobs but I knew I have to really focus on my main role as a Peer Support Worker in SWLSTG (NHS) because this was the organization where I wanted to build my career in Mental Health. Working a 2 job as a Bank Support Worker in Beecholme Adult Care was just to get more work experience and earn a Second Income.

Chapter 6 - Bank Support Worker at Beecholme Adult Care

I started to work in Beecholme Adult Care as a Bank Support Worker from 08th July 2020 – 19th September 2020. My first day in Beecholme Adult Care I was showed around the house from Beata (Service Manager) and colleague. Beata told me about the clock in & clock out system they use in Beecholme Adult Care to login in information that you attend your Shifts which had to be done at the beginning of shift and end of shift. I ride my motorbike to Beecholme Adult Care and Lock up my motorbike in Beecholme Adult Care Parking Area.

Beata explained to me what my Job Duties & Job Description is for the Bank Support Worker role. Beata explained that you can choose when you want to work because you're on a Bank Contract and you can do as many Bank Shifts as you want but they must be available first before you can book yourself on the Bank Shifts. Beata showed me the Beecholme Adult Care team and the colleagues I would be working with. Beata explained that

there is always 2 staff members on shifts at all times and manager on shift within the Beecholme Adult Care Home. I was really understanding that this role is much different from the roles I have done before and there was some responsibility for staff to look after clients. Beata showed me the clients you will be working with this home was only Men and no women due to the nature of the home. Beata said that Beecholme Adult Care has different homes all over London (UK) they have only Women Homes and Men & Women Homes.

Once I got all the information from Beata & colleague, I was ready to work my first shift at Beecholme Adult Care.

As a Bank Support Worker my role was to give clients medication, cooked Breakfast, Lunch, Dinner for clients, provide mental health recovery support for clients, do all of the home maintenance checks throughout the shifts, make sure that I order Food Shopping for homes so staffs can cook meals, have regular supervision with Beata once a month, write notes for clients throughout the shift on what they were doing.

As a Bank Support Worker, I had a caseload of 6 – 10 clients who was living in the Beechholme Adult Care home. I had to make sure that the clients were receiving the best care & support for their mental health difficulties & learning difficulties.

As a Bank Support Worker, I would need to attend regular Team Meeting and also do Check In to updated staffs on what happened within the Shifts.

I would work as a Bank Support Worker from 07.30 – 14.30 or 14.30 – 22.30 (Morning & Evening Shifts).

As a Bank Support Worker, I would be working with my colleague throughout the shifts to make sure the work was getting done with clients and also within the homes.

Working as a Bank Support Worker was a very rewarding role, and it was so fulfilling when you support a client in their mental health recovery. As a Bank Support Worker, I would have to meet clients and do mental health recovery sessions to find out what support & help clients needs from

staffs, management, Beecholme Adult Care and to also find out how the clients is doing mentally.

Being a Bank Support Worker was a very good learning experience and I learn things about myself and my team.

Now that I was working in Beecholme Adult Care & SWLSTG (NHS) 2 Jobs. On Monday, Tuesday, Thursday I worked as a Peer Support Worker in Richmond Home Treatment Team and On Wednesday, Friday, Saturday, Sundays I worked as a Bank Support Worker at Beecholme Adult Care.

I enjoyed working 2 jobs, but I was struggling with my own mental health difficulties due to Past Trauma and mental health conditions. Within the 2 jobs my anger was starting to affect my mental health & well-being and I was finding things difficult.

I told my manager Polly Grogan (Team Manager) in Richmond Home Treatment Team about my mental health

journey and that I need some Counselling Therapy to deal with my past Trauma.

I started to get Counselling Therapy from Karen Meechan (Clinical Psychologist) again from the NHS because I was referred to Karen for Anger Management & Counselling Therapy.

I was still working the 2 jobs, but I was having Anger Management & Counselling Therapy from Karen Meechan.

I would see Karen Meechan 1 a week through MS Teams where we would have in-depth Anger Management & Counselling Therapy. Karen said that I have knew you for a long time now Christopher and you need to find coping strategies to deal with your Anger & Frustration.

I worked with Karen Meechan in 2014 – 2015 for my mental health & trauma where Karen helped me though Counselling & Psychology Therapy.

I told Karen that I have so much anger towards my past with losing all my home and possessions in the fire on 30/09/2014, break up relationship with ex partners, abortion of children, Family Problems, Family Abuse Problems, Grandfather pass away, Mother having breast cancer. I told Karen all this pain was really destroying my life and making me anger.

Karen told me some tips & techniques I can use to make myself feel more calmer when I am anger and frustrated.

- Breathing Techniques
- Looking at an Objects
- Mindfulness
- Mindfulness Walks
- Connecting with Nature
- Journalling
- Calling the Samaritans Volunteers
- Sitting stilling & being quiet
- Observing your Thoughts & not reactions

- Letting the Anger comes and pass through your Mind body
- Exercising at the Gym
- Exercising at Home
- Relaxation

I have always learnt so much when I meet with Karen Meechan because she has taught me skills, techniques, coping strategies to deal with my mental health problems, anger, frustration. I told Karen one of the main things that also upset me and make me feel so anger is that most people are not helping other people or giving back. Karen said you are only looking at one side of the coin for example your helping other people, I am helping other people, Paul Dorrington is helping other people and many people within the NHS is helping other people. Karen explained to me that I shouldn't focus on people who don't help other people, I should focus on the people that do help other people and build a sense of empathy & compassion for people who are struggling within their life. I said to Karen that I really care about people, and I really want to

help other people but I do struggle with people who don't help other people. Karen taught me to stop thinking the Black & White thinking. Karen said you cannot control other people behavior within the world, but you do have control on what you do and what you believe & value. Karen explained to me that when I first met you when you were younger at Springfield Hospital and we had a Counselling & Psychology Session you were always thinking so negative about people & yourself. Karen explained to me that why I spend lots of time with you to show you a new perspective and way of viewing things. Karen explained that you're in control of your destiny and future and if you keep thinking about the past and the negative trauma that has happened to you – you wouldn't be able to move forward into what you really want. Karen showed me that I need to focus on my Future Dreams & Desires and work on my goals every day to get me closer to what I want. Karen said that I should improve my social life and maybe find a good partner that I can spend quality time with in my life. Karen asked me in Counselling Therapy & Anger Management when have been the times

in your life when you were completely happy. I said to Karen when

I was in a relationship with my ex-partner the one you know about before I experience losing my home & all of my possession in a fire. I said to Karen when I am creating things of meaning & values in the world. I said to Karen when I am helping other people & giving back. I said to Karen when I go to the gym and doing an intensive workout. I said to Karen when I spend time in nature, being alone by myself.

Karen said that you have lots of things that make you happy and joyful spend more time doing those things and you will feel more happier and be able to deal with your anger & frustration. Karen said that I should start talking more mindfulness walks in Battersea Park alone by myself and get InTouch with Nature and really appreciate nature & what God has created.

I was learning so much for Karen and she really helped me again to understand myself and what I wanted out of my

life. I had 4 – 6 Counselling & Anger Management Sessions with Karen before the Therapy was finished. I told Karen Meechan how grateful I am for you & Paul Dorrington for helping me now and helping me when I was younger. Karen Meechan was so happy that I decide to have Counselling Therapy again with her and she said Thank You Christopher for choosing me to be your Clinical Psychologist please look after yourself and I hope are Counselling & Anger Management Therapy has helped you in your mental health recovery journey.

I felt much better after my Counselling & Anger Management Therapy with Karen Meechan, and I continue to work 2 jobs and I told my manager Polly Grogan that I have now finished my Counselling & Anger Management Therapy with Karen Meechan and I feel much better within myself and my mental health.

As I was working 2 jobs, I realize that I am ready to work a Full-Time role within the NHS. I loved working as a Peer Support Worker at SWLSTG (NHS) in Richmond Home Treatment Team, but I didn't enjoy the Bank Support

Worker role in Beecholme Adult Care due to pressures of the work and I didn't really like cooking for clients it was too stressful and too much hard work.

I told my CPN in Supervision in Richmond Home Treatment that I am thinking of leaving the role as a Peer Support Worker because I want to work Full Time within the NHS and not part time. The CPN in Supervision said you got to go for your dreams & desires and if you want to work Full Time in the NHS you need to start looking for Job Opportunities.

So, I made a decision to start looking for Full Time work within the NHS. I said to myself I don't mind where the NHS job is so long as I can work Full Time and do Peer Support Work.

Because I have been a Peer Support Worker 2 times within my career and I had lots of Peer Support Work experience and education, knowledge, training in Peer Support I realize I would love to be promoted into a Senior Peer Support Worker within the NHS. This was one of my

dreams in my career and I really want to become a Senior Peer Support Worker.

I started to look for new job vacancies on www.nhsjobs.com for Senior Peer Support Worker Jobs. I found a Senior Peer Support Worker role within West London NHS Trust in Feltham for Hounslow West Team. This was a great Job opportunity and I felt like this role would be perfect for me, so I applied to the Senior Peer Support Worker role on www.nhsjobs.com and completed a Job Application.

I was thinking if I got this role, I would be so happy and fulfilled because it would mean a promotion and I will be a Senior Peer Support Worker working Full Time.

A few days later as I was still working in my 2 Jobs 1) Peer Support Worker at SWLSTG (NHS) at Richmond Home Treatment Team 2) Bank Support Worker at Beecholme Adult Care. I received an email from West London NHS Trust HR Management saying Congratulations on apply for the Job as a Senior Peer Support Worker you have been

invited into a Job Interview with Charmaine Harris (Lead Peer Support) on 19/10/2020 at 11.00 at NHS Offices.

I was very happy that I got the Job Interview for Senior Peer Support Worker, and this would be a great Job Opportunity if I was able to get this new role.

I didn't tell my manager or colleagues in my Peer Support Worker role and Bank Support Worker role that I was having a Job Interview with West London NHS Trust.

I remember really practicing telling my mental health story and asking myself Peer Support Questions that may come up on the Job Interview for the Senior Peer Support Worker Job Interview. I really wanted this role, so I made sure I had lots of examples of how I provide excellent Peer Support due to my previous roles I have done in Peer Support.

My focus was to get this Senior Peer Support Worker and working with the NHS (Full Time) to build my career in Mental Health Industry.

Chapter 7 - Senior Peer Support Worker at West London (NHS) Trust

On the 19/10/2020 I went to go for my Job Interview for Senior Peer Support Worker with Charmaine Harris (Lead Peer Support) & Senior Management in NHS Offices. I was really happy & excited about attending this Job Interview and I was going to make sure I give my best in the Job Interview and answer the Job Interview Questions clearly and professionally.

In the Job Interview I answer all the Job Interview questions about Peer Support and why I felt like I would be great candidate to become a Senior Peer Support Worker. I shared my story of my mental health conditions and how I overcome my adversity & challenges to help other people in the mental health industry. I talked about my mental health careers and how all the mental health jobs have led me to become hopefully a Senior Peer Support Worker. I explained that I am now ready for more responsibility and I really want to help clients with mental health conditions. I showed my passion for Peer Support

& Mental Health and said to Charmaine Harris & Senior Management that if I did get this role as a Senior Peer Support Worker I would give 110% in everything that I do in the role and I am fully committed to help clients overcome mental health difficulties by providing excellent Peer Support, I talks about my previous work experience in Peer Support Worker role in CNWL (NHS) and my current role as Peer Support Worker in SWLSTG (NHS) in Richmond Home Treatment Team.

Charmaine Harris (Peer Support Lead) & Senior Management was very impressed by my character & personality and said they will be in contact in the next few days to let me know if you were successful or not. Charmaine Harris said you have got lots of work experience in Mental Health & Peer Support and you have done very well in the interview.

I was so happy after the Job Interview and felt like I showed my best personality, character, Integrity & passion for Peer Support & Mental Health. My intuitions and feeling were telling me that I have done effort to get this

job and that you answer the questions to the best of your skills & abilities.

As I was working as a Peer Support Worker in SWLSTG (NHS) in Richmond Home Treatment Team I was in a Zoning Meeting with the Richmond Home Treatment Team and my mobile phone was calling from Charmaine Harris (Peer Support Lead). At first, I was thinking why Charmaine Harris is calling me now and I was excited to hear how I did in the Job Interviews for Senior Peer Support Worker Role.

Charmaine Harris said I first want to thank you for attending the Job Interview for Senior Peer Support Worker role in West London NHS Trust. I want to say Congratulations “You

Got the Job as A Senior Peer Support Worker”. We were really impressed with you in the Job Interview and you showed so much passion for Peer Support and Mental Health Industry. We would like you to start working for West London NHS Trust within Hounslow West Team in

the Cardinal Centre. I said to Charmaine Harris Thank You so much for giving me the Job as Senior Peer Support Worker this is really a dream come true and I am very grateful that you choose me to work for West London NHS Trust for Hounslow West Team.

After the telephone call with Charmaine Harris, I was so happy and I felt like another dream and desire has come true in my mental health careers. I remember the time when I received support & help from Senior Peer Support Worker in CNWL & SWLSTG.

This job was a dream come true and I was going to make sure I worked to the best of my skills & abilities within this new role plus it was the first NHS job I had working Full Time because 2 previous NHS Peer Support Worker roles I worked at was both Part Time Roles.

This was my opportunity to earn more income and to work in a Senior/Managerial position with my Mental Health Careers.

I continue to work in my 2 Jobs 1) Peer Support Worker at SWLSTG in Richmond Home Treatment Team 2) Bank Support Worker at Beechholme Adult Care. As I was sorting out the paperwork & documentation for Senior Peer Support Worker role in West London NHS Trust. I decided to tell my manager Polly Grogan (Team Manager) that I was leaving my role as Peer Support Worker in SWLSTG (NHS) because I have been promoted to a Senior Peer Support Worker in West London NHS Trust. Polly Grogan said congratulations and well done; you will

be missed by the Richmond Home Treatment Team, but you deserved this massive promotion and you are a great Peer Support Worker. I said to Polly Grogan thank you so much for giving me this Job Opportunity to be a Peer Support Worker again within my mental health career because without this job I wouldn't be able to now become a Senior Peer Support Worker. I gave in my Resignation Letter to Polly Grogan, and I had a 1-month notice period to work within the NHS before I was able to official leave my role as Peer Support Worker.

Polly Grogan (Team Manager) asked me to tell the Richmond Home Treatment Team that you will be leaving your role as Peer Support Worker at SWLSTG (NHS).

After telling Polly Grogan that I would be leaving my role as Peer Support Worker, I build up the courage to tell Richmond Home Treatment Team that I am going to be leaving the team because I have been promoted to Senior Peer Support Worker in West London NHS Trust in Zoning Meeting.

Richmond Home Treatment Team was very happy for me and said well-done you have work very well as a Peer Support Worker and you really deserved your promotion to Senior Peer Support Worker in West London NHS Trust. Richmond Home Treatment Team said that you will be missed by the team and we wish you all the success for your future career and future employment.

I was so happy that I got promoted into a Senior Peer Support Worker for West London NHS Trust.

In my second job as Bank Support Worker at Beecholme Adult Care I told my Manager Beata Kozlowski (Service Manager) that I am leaving my role as a Bank Support Worker because I got a Full-Time job as a Senior Peer Support Worker at West London NHS Trust. Beata Kozlowska said wow well done congratulations on your new job promotion and you will be missed by Beecholme Adult Care Team. I told Beata Kozlowska that my last day as a Bank Support Worker will be on 19th September 2020.

Beata said this is ok and you don't need to give any notice due to being a Bank staffs.

On 19/09/2020 I told the whole Beecholme Adult Care team that today is my last day in this role as a Bank Support Worker and I will be leaving this role today. I spoke with all the clients within the Beecholme Adult Care Recovery Home that I was leaving and they were very sad but happy that I got a new Full Time Job. I said goodbye to all the Beecholme Adult Care team and said it has been good working with you for 3 months and I learnt so much

about mental health & recovery homes in this role as a Bank Support Worker. I said to the Beecholme Adult Care team please make sure you keep up the good work and thank you all so much for the Job Opportunity.

I was so excited & truly happy that I was leaving Beecholme Adult Care as Bank Support Worker because I did enjoy the role, but I didn't like cooking for people it was too much stress, and I was happy that I didn't have to do that again.

On 28/01/2021 I official left my role as a Peer Support Worker at SWLSTG (NHS) in Richmond Home Treatment Team. On my last day in the role, I said to Polly Grogan (Team Manager) & Richmond Home Treatment Team that this role has been a great experience and I have learned to much about Peer Support and Mental Health Recovery. You have all been great people to work with and I am so thankful and happy that I was able to be part of Richmond Home Treatment Team. My ambition in my Mental Health career was always to be a passionate driven Peer Support Worker and help other people in Peer

Support and mental health recovery. I have learnt so much about myself as a person and what really fulfilled and motivate me in life which really is to help other people & give back. Richmond Home Treatment Team was so happy for my success in being promoted into a Senior Peer Support Worker in West London NHS Trust. Polly Grogan (Team Manager) said you have been a great Peer Support Worker and we really have valued your contributions to the clients in your role. I said goodbye to my clients which was very challenging to do because I build a real Peer Support relationship with my clients.

I started to work as a Senior Peer Support Worker at West London NHS Trust on 03rd February 2021 – 30th December 2022. On my first day as a Senior Peer Support Worker in

Hounslow West Mint Team I met my Manager Carrie Scott (Occupational Therapist) & Michelle Nielsen (Occupational Therapist) in Cardinal Centre Office. Carrie & Michelle introduce me to the whole Hounslow West

Mint Team which was great I was really excited about doing this role and this was a new location and area of work which I never worked in before. Carrie & Michelle explained my role as a Senior Peer Support Worker and what my Job Responsibility are with the Hounslow West Mint Team. I was so happy that now I was a Senior Peer Support Worker in Hounslow West Mint Team.

After getting the introduction to Hounslow West Mint Team from Carrie Scott & Michelle Nielsen I was ready to start supporting & helping clients with Peer Support and Mental Health Recovery. This role was a Senior Peer Support Worker role, so I have lots of Job responsibility.

Working as a Senior Peer Support Worker I would have to do lots of Job duties and Job Responsibilities like providing Peer Support to 15 – 20 Clients within Hounslow West Mint Team, Do Peer Support Session with clients, Share my lived experience of mental health to inspire clients on mental health recovery journey, Attending MDT Meetings with Hounslow West Mint Team to discuss about Clients on Caseload, Attend regular

Supervisions with Carrie Scott (OT), Attend Peer Support Supervision with Charmaine Harris (Peer Support Lead), Attend Weekly Peer Support Reflective Practice, Support clients in the community with Doctor Appointments & medical appointments, Co- Facilitate Walking Groups, Allotment Groups for clients, Mentoring & Managing Peer Support Workers (Band 3), Do progress notes, Write Clients Letters, Reports, Documents, Work with Peer Support Workers, Social Prescribers, Link Workers & Hounslow West Mint Team to support caseload of clients

Working as a Senior Peer Support Worker was a lot of responsibilities but with the help of Peer Support Workers, Carrie Scott, Michelle Nielsen, Charmaine Harris, Hounslow West Mint Team I was about to provide excellent Peer Support and really help my clients in their mental health recovery journey.

I really did love working as a Senior Peer Support Worker and got so much fulfilment from helping clients in the Community. Of course, with any Senior Mental health role it comes with its challenges and low days, but I managed

to keep support clients and maintaining my role as a Senior Peer Support Worker.

Being a Senior Peer Support Worker was great learning experience and really showed my skills & abilities as a Peer Support Worker because all my mental health work experience, lived experience of mental health, knowledge, insight, wisdom of mental health conditions really helped me so much to be a Senior Peer Support Worker in Hounslow West Mint Team.

In the Hounslow West Mint Team my managers (Carrie & Michelle) were leaving the Hounslow West Mint team due to Employment & Personal Reasons. I had a new manager Emily Woods who support me in my role as a Senior Peer Support Worker.

Working as a Senior Peer Support Worker the West London NHS Trust was going through some changing with Management, but I was still able to maintain my role during Pandemic of Covid19 and work within the Hounslow West Mint Team.

Me, my new manager (Emily Woods – Occupational Therapist), Link Worker and Hounslow West Mint Team continue to support clients in their mental health recovery and as a Senior Peer Support Worker I was doing more Peer Support Session through the Pandemic of Covid19.

The work of a Senior Peer Support Worker got more intensive, but I have great support from Emily Woods (Occupational Therapist & Manager), Charmaine Harris (Peer Support Lead) where I received regular Peer Support Supervisions, OT Supervisions.

I worked more productively and effectively through the Pandemic of Covid19 and had to make sure I wear face masks & have Covid19 test through my time working as a Senior Peer Support Worker in the Pandemic.

Working through a serious Pandemic of Covid19 was hard work but very rewarding to provide excellent Peer Support to clients on my caseload.

Working as a Senior Peer Support Worker was very great experience and I learn so much about Peer Support and Senior Management from the role which has helped develop my professional skills in mental health career.

Working as a Senior Peer Support Worker for Hounslow West Mint Team was an honor and privilege to me. Hounslow West Mint Team was a big team of Nurses, Care-Coordination, Occupational Therapist, Community Psychiatric Nurse, Doctors, Psychologist, Psychiatrist, Consultants, Employment Specialists, Lead Peer Support, Peer Support Worker, Link Workers, Mental Health Students.

Working with the Hounslow West Mint Team was very good and everyone within the team was very friendly, caring, compassionate, empathic towards clients with their mental health difficulties. I really enjoyed working with all the Hounslow West Mint team as a Senior Peer Support Worker.

Chapter 8 - Someone Stealing My Honda Vision 110cc Motorbike Outside My Older Brother Property

On 29/05/2022 I went to my older brother Matthew Rose flat on my Motorbike to help him apply for NHS Jobs and Mental Health Jobs. As I was in my Matthew Flat, I was helping Matthew with Job Applications and looking for Job Opportunities. I was with Matthew Rose for around 4 – 5 Hours because he needed a lot of help with looking for employment. For some strange reason this day I didn't lock up my Motorbike in the Parking Area of my older brother Matthew Rose property.

When we were finished with applying to jobs and I needed to go home I said to older brother Matthew Rose that I am going to go on my Motorbike and travel back home I have been at your flat for all of today. As I went outside of Matthew Rose flat, I saw that my Honda Vision 110cc Motorbike have been stolen by someone and I never knew who it was because my Motorbike was not lock up and

someone was able to steal the motorbike and take all of my helmets, locks, chains, gloves from my Motorbike.

I was very shocked and upset about this as I really loved my Motorbike, and it was important for my travelling and commuting. Me & Matthew Rose (Older Brother) called the Police and reported that my Motorbike had been stolen and I gave all the Motorbike details plus insurance details to the police. I called up my Insurance Lexham Insurance and reported that my Motorbike got stolen today and I want to claim for some Motorbike Insurance.

I made sure that I reported everything because I wanted to make sure the Insurance and police know what happened to my Motorbike and I was very angry and upset with losing my Motorbike due to it being stolen. After I reported everything to the police and insurance I went back home on the bus from Merton to Battersea.

While I was on the bus my mind was so upset and angry that someone stolen my Motorbike, but I learn an

important lesson from the experience of losing my Motorbike.

Life Lessons I learnt from losing my Motorbike.

- Don't get attached to materialistic things because they have no spiritual value.
 - Always lock Up your Motorbike no matter where you are to protect it and keep it safe.
 - Losing things is part of life and you should expect the pain of losing something important to you.
 - The universe is always helping you to discover new life lessons and build your character.
 - Focus on the things you can control, not the things you can't control.
-
- Spirituality helps to deal with Pain & Loss
 - Having a Faith and believing that everything that happen to me is for my good

- It not your problems that make you who you are it the person you become that make you who you are.
- God is Love – Love Is God
- The universe brings you challenges & adversities to make you grow spiritually.

Chapter 9 - Getting Back My Honda Vision 110cc Motorbike from Police

I went back to work as a Senior Peer Support Worker in Hounslow West Mint Team and focus on my work because this help me to deal with losing my Motorbike and help me deal with my angry and low moods from my Motorbike being stolen. Working as a Senior Peer Support Worker was very rewarding and fulfilling and this help me to cope with the pain & struggling, I was experience. I realize that helping other people is my life work and I am very passionate about making a difference and contributions into people lives. I was still working on my caseload of 15 – 20 clients who want Peer Support and I was working very productively to really help my clients in their mental health recovery.

As I was at work, I received an email from the Police on 06/06/2022 at 11.50 that my Motorbike has been recorded & found and you can come and collect it at PERIVALE POLICE POUND, Walmgate Road, London, UB6 7LR. I

was so happy that the police found my Motorbike and I was able to collect the Motorbike at Perivale Police Pound.

I spoke to my manager Emily Woods (OT) and explained about my Motorbike being stolen outside of my older brother (Matthew Rose) property over the weekend. I also explained to Emily Woods that I would need a day off work to go and collect my Motorbike from the Perivale Police Pound. Emily Woods (OT) said this is ok and sorry this has happened to you. Emily Wood said yes, I would give you a day off work to collect your Motorbike and bring it back to your home in Battersea SW11 5DB.

On 07/06/2022 I went to the Perivale Police Pound to collect my Motorbike from there. When I got there, I had to wait for hours before my Motorbike was given back to me from the Police. I was very shocked that the Motorbike was very seriously damaged, and the Motorbike was not in working order. I realize that this is going to cost lots of money to get my Motorbike fixed again so I can ride it. I order a Van to come and collect the Motorbike from

Perivale Police Pound which cost me lots of money to get done.

Once the Van come to collect the Motorbike from the Perivale Police Pound we took the Motorbike back to my address Flat 24 Walden House, Dagnall Street, London, SW11 5DB.

I was so happy when the Motorbike was back at Battersea where I live but it was in a very poor damaged conditions, so I made sure I lock up the Motorbike this time.

After the motorbike was at my property in Battersea the next thing to do was to get my motorbike repair from the Garage. I already had a Garage which I wanted to take my Motorbike to which was Chelsea Motorcycles Group (CMG) 84C Lillie Rd, London SW6 1TL.

A few days later I order a Van to collect my Motorbike from Battersea to my Garage Chelsea

Motorcycles Group (CMG) 84C Lillie Rd, London SW6 1TL. Me and the Van Driver took my Motorbike to

Chelsea Motorcycles Group for it to get repairs. When I got to Chelsea Motorcycles Group, I spoke with Emma (Staff at CMG) and she said that it would cost you

£1500.00 plus Vat to fix your Motorbike again. I said this is a lot of money which right now I don't have at the moment Is there any way to pay in Instalments. Emma said yes but we would need to set it up. I said OK I would just pay the full price for my motorbike repairs because I really want my motorbike fixed. So, I gave Emma £1500.00 plus Vat for my Motorbike repairs. I also purchase a Motorbike Helmet, Gloves, Lock & Chains for my Motorbike at Chelsea Motorcycles Group (CMG).

I was happy that I am going to get my motorbike repaired from CMG and I have all my Motorbike equipment again to help me use my Motorbike once it is repaired.

I told my family that I am getting my motorbike repaired and they were happy for me that my motorbike had been found and it was getting repaired.

I had to spend so much money to get my Motorbike back, but it was all worth it because I was able to be back on the roads again riding my motorbike.

I went back to work as a Senior Peer Support Worker in Hounslow West Mint Team and told my manager Emily Woods the update of what happening with my motorbike, and I also told Senior Management in Hounslow West Mint Team what happen too.

After 2 weeks I received a WhatsApp message from Emma saying your Motorbike now is fully repaired and your able to ride your Motorbike again. This was the news

I have been waiting for and I was super happy my motorbike was fixed and repaired.

On 23/06/2022 I went to Chelsea Motorcycle Group to collect my Motorbike. I spoke with Emma, and she said it is now ready for you to ride. I paid the £1500.00 plus Vat for the motorbike repairs and all my Motorbike equipment was ready for me too. I said a massive thank you to Emma

and CMG team for fixing my Motorbike and getting me back on the road again. Then I said goodbye to Emma and CMG team and ride my Motorbike back to Battersea SW11 5DB from Chelsea Motorcycles Group.

It felt so good to be on my Motorbike again and I felt so happy & joyful that God & Jesus Christ help me to get back my Motorbike.

I made YouTube Videos of when I lost my motorbike and when I received it back from the police.

All together I spend around £2000.00 to get everything sorted out for my Motorbike and spending money on Taxi, Cabs, Vans.

Spending this much money was a learning lesson and I made sure I wouldn't make it happen again. Now that I got back my Motorbike, I am very careful when I need to lock up my Motorbike and put extra security on my Motorbike.

Chapter 10 - Employment Specialist At (SWLSTG) (NHS)

As I was working as a Senior Peer Support Worker, I learnt everything about the Peer Support role, and I was ready for a new challenge and to progress in my mental health career & mental health recovery journey. I was very passionate about Mental Health, Peer Support but I wanted to work within the Employment Services and try something new that I have never

done before. I remember how important the work of Paul Dorrington & Karen Meechan did for me when I was younger going through a mental health crisis and being homeless. I decided that I want to look for new employment maybe within Employment Services and become an Employment Specialist. I have always had a desire, dream, and passion to work with my Hero Paul Dorrington within my mental health careers because Paul Dorrington & Karen Meechan was the 2 people that helped me to recover from my mental health conditions and homelessness. My main goal in mental health work and

mental health career is to become like the 2 people who helped me Paul Dorrington (Lead Employment Specialist), Karen Meechan (Clinical Psychologist).

I decided that I was going to become an Employment Specialist and work with my hero Paul Dorrington in SWLSTG. I knew the best way how to learn to become an Employment Specialist was to talk with Paul Dorrington on how can I become an Employment Specialist.

Me and Paul Dorrington had a good conversation and I told him that I am ready to become an Employment Specialist but don't know how or what I need to do to become an Employment Specialist. Paul Dorrington said you need to learn how to become an Employment Specialist and then you would need to apply for Job Vacancies as an Employment Specialist. Paul Dorrington recommends me a course to study about IPS Employment Specialist which was called Supporting People with Health Conditions into Work: Individual Placement and Support (IPS) with Future Learn. I was so happy about this course and opportunity to learn how to become a IPS

Employment Specialist. I said to Paul Dorrington that I am going to study this IPS course with Future Learn as I am working as a Senior Peer Support Worker in West London NHS Trust.

I was working as a Senior Peer Support Worker and studying IPS Course with Future Learn after work because it was an Online Course and Self-Learning. Learning about IPS & Employment Specialist was very important education and I understand the important of helping other people into employment and work. The IPS Course was very detailed, and I

have learned so much about Employment Services and the important of helping clients in mental health recovery. I learnt in the IPS Course the important of IPS and Employment for a client mental health recovery and mental health journey.

As I was doing my studies and learning about Employment Specialist & IPS I realize the importance that Paul Dorrington (Lead Employment Specialist) did for me and

the importance of employment. The IPS Course had a lot of positive triggers that has really impact me and improve my Self education & Self learning.

I completed my Supporting People with Health Conditions into Work: Individual Placement and Support (IPS) with Future Learn on January 2023 and I passed 80% which was a great score for being my first time learning about IPS & Employment Specialist. I told Paul Dorrington the great news that I passed my IPS course and Paul Dorrington was so happy for me. Paul Dorrington said there is some Job Vacancies in SWLSTG for Employment Specialist at the current moment, I am going to send you some Job Vacancies for you to apply for. Paul Dorrington sends me a Job Opportunity working as an Employment Specialist in SWLSTG for ES Wandsworth & Battersea Team. I said to Paul Dorrington this is a great Job Opportunity and I am going to apply for the Job Vacancy.

As I was still working as a Senior Peer Support Worker in Hounslow West Mint Team, I apply for the Employment Specialist Role in SWLSTG with ES Wandsworth &

Battersea Team. The Lead Employment Specialist of that ES Team was named Kat (Lead Employment Specialist)

and Paul Dorrington introduced me to Kat through emails & telephone calls. I did a full job application on www.nhsjobs.com for the Employment Specialist role in Kat ES Team.

I had my finger cross that I would get a Job Interview for the role because this was the first time, I ever apply for Employment Specialist role and I really wanted the job. I didn't tell Hounslow West Mint team that I was planning to leave West London NHS Trust and applying to new jobs because I wasn't 100% sure if I would get this first Employment

Specialist role.

As I was working as a Senior Peer Support Worker in Hounslow West Mint, I received an email for NHS Trac Jobs that I got a Job Interview with Kat on 13th September 2023 12.00 – 15.30 on MS Teams. I was really happy I got

the Job Interview, but I was very nervous due to having no experience in working as an Employment Specialist.

I received some support from Paul Dorrington to prepare me for the Job Interview over the telephone which really helped me to understanding some of the Interview questions that may come up in the Job Interview with Kat. Paul Dorrington said you should just show your passion and the reason why you want to become an Employment Specialist.

I took Paul Dorrington advice and practice at home some of the Job Interview Questions by giving some answers. This was very useful, and I keep on repeating doing videos and audios of me answering the Job Interview Questions.

I was very nervous of this Job Interview, but I was going to try my best to get the job and show my passion for employment and mental health. I did some research on IPS Grow and revised the information for the Job Interview.

On 13/09/2022 I had a Job Interview with Kat (Lead Employment Specialist) & Senior Management on MS Teams. First part of the Job Interview was to do a Role Play of Employer Engagement with an employer for a client that want to work in Sainsbury. I didn't do very well in the Employer Engagement because I was nervous and anxious, and it was my first time ever doing Employer Engagement. Second part of the Job Interview was the IPS Employment

Specialist Job Interview Questions. I try my best to answer the questions as best as I can, but I was very nervous in the Job Interview and failed to answer all the questions with great detail. I showed my passion for Mental Health & Employment Services and shared how IPS really transformed my life when Paul Dorrington helps me to get my first Job in Mental Health as a Co-Facilitator. Kat was impressed by my passion, character, personality and said you have done ok in this Job Interview we will be in contact in the next few days.

After the Job Interview, I felt like it wasn't my best Job interview, but I learnt so much about IPS and how Employment Specialist work within the NHS. The Job Interview helped me to build my Self- Confidence and Self-Esteem and I knew what IPS Job Interview will come up for Employment Specialist Role. I contact Paul Dorrington and tell he how my Job Interview went with Kat and Paul Dorrington said Well done and I am very proud of you, good work.

A few days later Kat email me and said that you did ok in the Job Interview but on this occasion, you were not successful in getting the job as an Employment Specialist in Wandsworth & Battersea ES Team. I said to Kat if I can have some feedback about what I need to improve on and I said thank you for the Job Opportunity.

I told Paul Dorrington that I didn't get the job with Kat ES Team, but Paul Dorrington said OK don't worry too much about that because there is going to be some Job Vacancies in my ES Teams in Kingston & Sutton. I said to Paul

Dorrington ok that fine please let me know when these jobs get advertise on NHS Jobs.

I continue to work in my role as a Senior Peer Support Worker and did some more Job Searching for Employment Specialist role. There was a Job Opportunity on www.nhsjobs.com for a Peer Employment Specialist in CNWL which was very good.

I wanted to do this role because it has Peer Support & Employment Specialist Work as one job which is perfect for me because I had experience in Peer Support and wanted to work in Employment Specialist. I applied for Peer Employment Specialist in CNWL and did my Job Application and submitted in on www.nhsjobs.com.

Paul Dorrington sends me some Job Vacancies for Employment Specialist in Kingston & Sutton ES Team and said I should apply for these jobs as soon as possible. This role was working in Paul Dorrington Kingston ES Team. I was really happy about this job opportunity, and I decided to apply for the Employment Specialist role on

www.nhsjobs.com. I completed all full Job Application for the Employment Specialist role and told Paul Dorrington that I have apply for the Job. Paul Dorrington said due to candidate confidentiality I would not be able to give you any advice or guidance on how to prepare for the Job Interview this time due to me being on the Panel for the Employment Specialist role.

I said to Paul Dorrington ok, and I hope I get shortlisted for the Employment Specialist role. This time I had a great intuition and good feeling about this Job Opportunity and knew that if I got shortlisted for a Job Interview that I may be successful in it due to having practice of Employment Specialist Job Interviews.

A few days went by, and I received an email for NHS Trac Jobs that you have been shortlisted for 2 Job Interviews.

1) Peer Employment Specialist role with CNWL on

09/11/2022 at which was on my 33 Birthday, 2) Employment Specialist with SWLSTG on 02/11/2022 at 13,15 in Paul Dorrington Kingston & Sutton ES Team.

I was happy that I got to get two Job Interview offer but my main focus was to work in Paul Dorrington Kingston & Sutton ES Team.

Paul Dorrington said to me to help you prepare for the Job Interview I am going to let you talk with Kat (Lead Employment Specialist) in Wandsworth & Battersea ES Team. I said to Paul Dorrington Yes that would be great.

I called Kat (Lead Employment Specialist), and Kat helped me to prepare for the IPS

Employment Specialist Job Interview with Paul Dorrington. Kat said to me that I need to focus on IPS, learn more about Employment Specialist, do research on IPS Grow about the

8 Principles of IPS, do better Employer Engagement, Practice your Job Interview Answers. Kat said the way to get Employment Specialist Job is to show you understand IPS & what an Employment Specialist does when support clients in their mental health recovery getting into

employment. I said to Kat this has been excellent Job Interview Preparation and I am going to do my best in the Job Interview with Paul Dorrington for IPS Employment Specialist role in Kingston & Sutton ES Team.

After my telephone conversation with Kat (Lead Employment Specialist) I spend the next few days practicing my Job Interview Answers, doing research of IPS & Employment Specialist, learn more about IPS, Learn more about Employment Services & KPI.

On 02/11/2022 at 13.15 I had my Job Interview with Paul Dorrington for Employment Specialist role in Kingston & Sutton ES Team at Tolworth Hospital. This was a massive moment in my life because I was doing a Job Interview with my hero Paul Dorrington watching everything I was doing. This Job Interview was more than just a Job Interview it was about realize a dream that I have had for many years that I wanted to come to fruition. First part of the job interview was talking to the client about our first IPS Session, in this part of the Job Interview I did very well and really understand what the client was looking for

as far as Employment & Jobs, the second part of the Interview was Employer Engagement with Matthew Vidal (Employment Specialist in South Kingston Team), In this part of the Interview I did very well and build great rapport with Matthew Vidal. The third part of the Job Interview was IPS Employment Specialist Questions, in this part of the Job Interview I did excellent in and really answered all the questions in a professional manner which score me high points. The reason why I did so well in the third part of the Job Interview was I had practice on what IPS Employment Specialist Questions would come up due to having a Job Interview with Kat (Lead Employment Specialist) and also Kat advised, and Interview Preparation really helped me to answer the Job Interview question more clearly and effectively. Paul Dorrington, Matthew Vidal, Senior Management, Service User was very impressed by my personality, character, passion, mental health experience. Paul Dorrington said well-done Christopher

Rose for taking the time to do this Job interview we will be in touch in the next few days to let you know if you been successful or not. Paul Dorrington asked me if I wanted to work with Kingston ES Team or Sutton ES Team. I said to Paul Dorrington I would prefer to work in Kingston ES Team as I know the Kingston Area. Paul Dorrington if you work in the Kingston ES Team your line manager will be Jessica Wall (Team Manager) who is the Team Manager of North Kingston Team at Tolworth Hospital. I said to Paul Dorrington ok that is great to know.

After the Job Interview, I knew I did effort to get this job there was a Spiritual & Intuition connection I felt due to Paul Dorrington being there in the Job Interview and My ambition, dream, desire to work with my hero. I knew that I gave everything in this Job Interview and really showed my passion for IPS & Employment Specialist Services. I was buzzing and so happy after the Job Interview because one of my biggest dreams have been realized.

Paul Dorrington & Karen Meechan have been my hero in mental health work and in mental health recovery and my

dream for the beginning of my career was to one day work with my hero in mental health services. This has always been a true motivation and ambition I have had in my mental health career and mental health journey.

Paul Dorrington & Karen Meechan are the 2 People who helped me to build my career in mental health industry. I realize that God & Jesus Christ has led me to have this Job Interview with my hero Paul Dorrington and this role as an Employment Specialist is one of the most significance choice in my mental health career due to personal reasons.

After the Job Interview, I went back to my current role as a Senior Peer Support Worker at Hounslow West Mint Team. I really did enjoy working a Senior Peer Support Worker, but I knew it was time to reach the next level of my mental health career and life. I continue to provide Peer Support Session to the clients on my Peer Support Caseload in Hounslow West Mint Team.

After a few days I received a Telephone Call from Paul Dorrington. I was waiting for this telephone call, and I was

waiting for the words I was hoping for. Paul Dorrington said how do you think you did in the Job Interview as Employment Specialist. I was honest with Paul Dorrington and said that I think I did really well, and I did my best. I have a good feeling about me getting the Employment Specialist role. Then Paul Dorrington said the words I was hoping for. Paul Dorrington said Well congratulations Christopher Rose you have successful got the Job as an Employment Specialist (Band 5) in SWLSTG with North Kingston Team. I was super joyful and completely happy about getting the role as Employment Specialist in SWLSTG. I said to Paul Dorrington that it has been my dream to work for you since you helped me when I was younger with homelessness & mental health difficulties. This is a dream & desire I have always wanted and now it has come true. I said to Paul Dorrington I will take the Job Offer and thank you so much for getting me this great job opportunity it really means a lot to me to work with you. Paul Dorrington said to me that you need to celebrate your achievement and well done on scoring the highest points on the Job Interview you did really well and we were all

very impressed by your personality and mental health work experience.

After the telephone call I was over joyful and completed spiritually fulfilled. I knew that Jesus Christ & God opened up this Job Opportunity for me and this will be one of the biggest achievements in my mental health career and mental health journey.

I realize my dreams has come true and I have got to do what God & Jesus Christ want me to do. I felt like Spiritual this new job would be challenging but rewarding because I know what IPS & Employment Specialists can do in clients lives into getting them into employment to earn a livelihood and earn a living.

Once I got the news that I got the new job as an Employment Specialist in SWLSTG with North Kingston Team. I needed to tell Hounslow West Mint Team that I am going to be leaving my role as a Senior Peer Support Worker to go to my dream role as an Employment Specialist and work with my hero Paul Dorrington.

I told my manager Emily Woods (Occupational Therapist) that I have been offer a new job as an Employment Specialist (Band 5) in SWLSTG. My manager Emily Woods was shocked, surprised but happy that I received a promotion into a Band 5 role as an Employment Specialist. Emily Wood said congratulations and well done for getting a new job as Employment Specialist. I told Emily Woods the real reason why I wanted to do this role and work with my hero Paul Dorrington. Emily Woods said this job sounds like a true great opportunity for you to pursue. Emily Woods said that this will be different from you work experience of Peer Support but sometimes it good within your mental health career to go through a change and try something new. I said to Emily Woods that this is my first ever Band 5 role, but I feel like I am ready to work as Employment Specialist in SWLSTG.

I said to Emily Woods that I am going to tell all of Hounslow West Mint Team and Peer Support Worker Team that I am leaving my role as a Senior Peer Support Worker.

Once I told Emily Woods I was leaving my role and then decided to tell Peer Support Worker Team in Peer Support Supervision that I am going to be leaving my role as a Senior Peer Support Worker to become an Employment Specialist (Band 5) in SWLSTG.

In Peer Support Worker Supervision, I told all of the Peer Support Workforce in West London NHS Trust that I have got a promotion as an Employment Specialist (Band 5) role in SWLSTG that I have accepted and I am going to leave my role a Senior Peer Support

Worker in Hounslow West Mint Team. Charmaine Harris (Peer Support Lead) and all of the Peer Support Worker Workforce said Well done and congratulations you really deserved your promotion. Charmaine Harris said you have been a great Senior Peer Support Worker and you will be missed by Peer Support Worker Team. I said to Charmaine Harris thank you so much for believing in me and giving me the Job Opportunity to be a Senior Peer Support Worker because of this role I was able to get a promotion. Thank you so much Charmaine Harris for your help and

support since I been in this role as Senior Peer Support Worker.

I gave my Resignation Letter to Emily Woods on 05/12/2022 to leave my role as Senior Peer Support Worker. I spoke to the Hounslow West Mint Team about me leaving my role as a Senior Peer Support Worker because I got a new job & promotion as an Employment Specialist. Hounslow West Mint Team said congratulations and well done for getting the new job and promotion.

I attended my last Christmas Lunch with Hounslow West Mint Team on 15/12/2022 where we celebrate Christmas & celebrate my new promotion/new job as an Employment Specialist in SWLSTG. I learnt a lot from being a Senior Peer Support Worker and being a part of Hounslow West Mint Team. Being a Senior Peer Support Worker helped developed my skills & abilities in Peer Support and mental health recovery. I realize has a Senior Peer Support Worker it is important to really help clients

within their mental health recovery and mental health journey.

It was very important doing the Senior Peer Support Worker role in West London NHS Trust and learn more about Peer Support.

I attended my last Peer Support Reflective Practice with the Peer Support Worker Team on 29/12/2022. I made sure I said my goodbye to all the Peer Support Worker Workforce in West London NHS Trust.

On 30/12/2022 was my last day at Hounslow West Mint Team as a Senior Peer Support Worker. I wrote down some lessons that I learnt as a Senior Peer Support Worker within my Journal 2022 – 2023.

Senior Peer Support Worker - Lessons I learnt at Hounslow West Mint Team (Reflections)

- Helping Other People is not a Job but a vocation and career path.

- Working in community mental health team is very rewarding and fulfilling.
- Being passionate about helping other people helps to really support the clients.
- Client has all different problems they facing so make sure you show empathy, compassion
- Don't show too much feeling and emotions at work be more professional.
- Teamwork is the key to helping other people.
- Focus on the contributions and the difference and you will impact lives.
- Peer Support is vital to mental health recovery.
- There are kind and hardworking people.

It was very important to reflect on my work as a Senior Peer Support Worker and focus on Employment Specialist at SWLSTG in North Kingston Team.

I had a few days to reflect on how my mental health career was going to change from Peer Support into Employment

Services. I realize the importance of my mental health careers and all the skills I have learned within my mental health careers which will help me within my role as an Employment Specialist. I was very excited and happy about becoming an Employment Specialist, but I wanted to make sure I was fully ready to do the work as an Employment Specialist. This role was a massive Job Opportunity for me, and I was very passionate about IPS & Employment Services due to Paul Dorrington transforming my life when I was younger.

I knew that God & Jesus Christ opened this Job Opportunity for me to learn and develop my skills within the mental health industry.

On 03/01/2023 I officially started my new role as Employment Specialist - Southwest London St George's Mental Health Trust - 3rd January 2023 – Present. I met my hero

Paul Dorrington (Lead Employment Specialist) and Jessica Wall (Team Manager). Paul Dorrington said on my

first day that I would be working with the North Kingston Team as an Employment Specialist (Band 5). Jessica Wall explained to me that North Kingston Team is a friendly team and you will have the chance to work with all the clinicians within North Kingston Team. Paul Dorrington said that you are going to be a key person within North Kingston Team in getting clients into Paid Employment. Paul Dorrington explained that being an Employment Specialist is hard work and there is lots of paperwork to do when support and help clients find Paid Employment. Listening to Paul Dorrington my hero was a dream come true and I was ready to go through the challenges of being an Employment Specialist. Paul Dorrington said as a IPS Employment Specialist (Band 5) you will be working with North Kingston Team and the clinicians will be giving you referral for you to work with and provide the clients with IPS Employment Specialist Support. Paul Dorrington & Jessica Wall give me an Introduction of Tolworth Hospital and North Kingston Team Office. Jessica Wall said that there are 2 main teams in Tolworth Hospital that you will be working closely with South Kingston Team and North

Kingston Team. Paul Dorrington said that each team has 1 Employment Specialist and your colleague in South Kingston Team would be Matthew Vidal who would be working alongside of you helping and support clients in the South Kingston Team.

After the introduction of Tolworth Hospital & North Kingston Team, Paul Dorrington and I went to a room downside so Paul Dorrington can explain more about the IPS Employment Specialist role.

This was my opportunity to ask Paul Dorrington questions about IPS & Employment Specialist work. Paul Dorrington started to say that you are very lucky to be working within the North Kingston Team and you are going to be a good Employment Specialist because you have 10 years of work experience in Mental Health. Paul Dorrington said that being a

IPS Employment Specialist comes with lots of challenges, and you would be having a IPS Caseload of 20 Clients which is a lot of clients looking for Paid Employment. Paul

Dorrington explained what I would be doing as a IPS Employment Specialist and told me to read through your Job Description & Person Specification.

Paul Dorrington Show me my Key Responsibilities as an Employment Specialist in North Kingston Team

Employment Specialist in North Kingston Team Job Description

- To manage a caseload of a maximum of 20 service users at any one time who are currently off work / unemployed and who wish to return to work.
- To be integrated with either the Kingston or Sutton RST (Recovery Support Team's) being responsible for those service users who want to return to employment.
- To meet regularly with RST staff to co-ordinate and integrate employment support into health treatment and care plans.

- To support care coordinators to discuss employment being a realistic goal with service users at the assessment stage, at care plan reviews etc.
- To prepare individuals for a return to work through assessing each person's individual employment needs through vocational profiling/assessment.
- To proactively undertake job development with employers based on the service users' preferences to secure employment opportunities for service users.
- To proactively engage and work with employers to retain employment opportunities for service users.
- To provide education and support to employers, as agreed with the individual, which may include negotiating reasonable adjustments, return to work strategy and ongoing contact with the employer to ensure job retention.
- To provide individualized, support to individuals once they have returned to work to assist them in sustaining employment.

- To provide outreach services as necessary to individuals when they appear to disengage from the service. Maintain some contact with individuals even without a vocational focus if necessary to sustain engagement.
- To assess individuals, support needs related to work which might typically include help with benefits, travel to work, graded return to work etc.
- To develop good working relationships with other organizations that are better able to help individuals to achieve their employment goals for example, Job Centre Plus providers (Work Programme, Work Choice, Access to Work), local colleges and training providers.
- To deliver individual employment outcomes in line with service outcomes as set by commissioners in line with Trust key performance indicators.
- To engage in both managerial and professional supervision.

- To work flexibly as required by the individual and the employer which may require some working out of ‘normal office’ hours.
- To maintain a professional relationship with the service users of the programme and with other staff, with particular attention to confidentiality and the maintenance of boundaries.
- To support administrative systems which record the progress of individuals and keep accurate and complete records of casework with them.

Training and Development

- To undertake mandatory and statutory training as required by Trust policy.
- To undertake the Trust three-day individual placement and support approach training course.
- To contribute and commit to undertaking an annual Development

Review/appraisal.

- To undertake personal development as identified in the Personal Development Plan (PDP).

General

- This is not an exhaustive list of duties and responsibilities, and the postholder may be required to undertake other duties which fall within the grade of the job, in discussion with the manager.
- This job description will be reviewed regularly in the light of changing service requirements and any such changes will be discussed with the postholder.
- The postholder is expected to comply with all relevant Trust policies, procedures, and guidelines, including those relating to Equal Opportunities and Confidentiality of Information.
- The postholder is responsible for ensuring that the work that they undertake is conducted in a manner which

is safe to themselves and others, and for adhering to the advice and instructions on Health and Safety matters given by Manager(s). If postholders consider that a hazard to Health and Safety exists, it is their responsibility to report this to their manager(s).

- The postholder is expected to comply with the appropriate Code(s) of Conduct associated with this post.
- Southwest London and St George's Mental Health NHS Trust operate a no smoking policy. The Trust has been smoked free since 01 January 2006

As I was reading through the Job Description as an Employment Specialist, I realize in this role was lots of Job Responsibility because it was (Band 5) role.

Paul Dorrington explained to me that being an Employment Specialist is a Marathon and not a sprint. Paul Dorrington explained that working as an Employment Specialist is all about how you be resourceful and resilient with the challenges and demands of the role.

CHRISTOPHER ROSE LIFE STORY

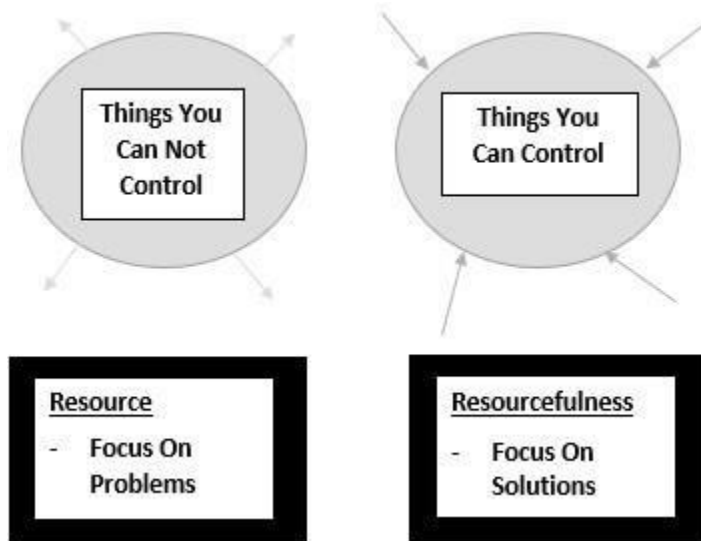
Paul Dorrington explained that getting clients into Paid Employment is a lot of work but just remember to take your time and try your best to learn as much as you can to help you support your clients with their Employment Goals and looking for work.

I realize if I am going to survive being an Employment Specialist, I need lots of guidance from Paul Dorrington and I need to learn as I go.

Paul Dorrington said to me that the better you understand that being an Employment Specialist is the Marathon of persistence and resilience then you will do well in this role.

Paul Dorrington started to teach me The Zone of Power. Paul Dorrington said focus on what you can control.

Don't Focus on things you cannot control.



Paul Dorrington said to me if you have problems with clients then you need to become Resourceful

- Find way to solve the problems.

Paul Dorrington said to me this is the key in IPS Employment Specialist Support.

Paul Dorrington said you will be part of a team of 7
Employment Specialist from areas in Kingston, Sutton,
Richmond, Carshalton.

CHRISTOPHER ROSE

After all the learning that I got on my first day from Paul Dorrington (Lead Employment Specialist) I realize that this job was going to be a challenge and I would really need to understand IPS & Employment Services to really do well within this job.

Being with Paul Dorrington for the whole day was so inspiring and I learnt so much about IPS & Employment Specialist.

This new role was going to be a journey in the unknown because I haven't worked as an Employment Specialist before but I am willing to go on the journey and learn every day.

A few days after my first day being an Employment Specialist, I started to understand my role and what I need to do for clients in North Kingston Team. As I learn more about the role of an Employment Specialist and I did all the SWLSTG Mandatory training which included e-learning and attending training in Tolworth Hospital &

Springfield Hospital I started to get a IPS Caseload of clients who was waiting for IPS Employment Specialist Service.

At first, I was a bit nervous because I never been an Employment Specialist before and I didn't know how it would be working as an Employment Specialist.

I started to support clients with IPS Employment Specialist support at Tolworth Hospital and in the community where I would do IPS Session with clients. The clients I was support all wanted to get into Paid Employment and find Full Time & Part Time work. I had experience of doing Job Searching & Job Application from getting new Paid Employment for myself, but I never knew how difficult it would be for clients who didn't have much work experience, didn't have qualification and degrees and was dealing with mental health difficulties.

As an Employment Specialist I realize I had a massive challenge that I would be facing with support clients to get into Paid Employment. Because I was new to IPS & Being

an Employment Specialist every IPS Session I had with clients was a learning experience and I started to realize that doing this role is very interesting and something that is going to challenge me and grow me as a person.

In the beginning of my IPS Employment Specialist work I had a IPS Caseload of 5 – 10 clients because this was manageable for me to do, and I felt like I would be able to cope with supporting and helping these many clients. In the beginning I found the work of Employment Specialist to be very hard work and I wasn't used to the routine of IPS. The workload was lots of work and there were lots of things to do with clients to get them into Paid Employment. I would work Monday – Friday 09.00 – 17.00 every day and through the working week I would have 2 IPS Session with client on each day plus attend North

Kingston Referral Meetings, MDT Meetings, Doing Employer Engagement, Employment Specialist Weekly Meeting, Job Retention and more.

Being an Employment Specialist is very hard work but helping and support clients was very rewarding, and I got a lot of fulfilment and joy for helping other people.

My IPS Caseload had clients with complex mental health difficulties, and I learn being an Employment Specialist that each clients have different Employment Goals and things they want to achieve. I was feeling under pressure in the role at the beginning of my Employment Specialist work because I was completely new to the role and had no experience in IPS.

As I was supporting clients to get into Paid Employment, I realize how difficult it is to try and get clients with no work experience or career history into Paid Employment. For some of the clients on my IPS Caseload they have never had a Paid Job or Paid Employment before due to their mental health difficulties.

Being an Employment Specialist is all about the resilience and persistence in pushing through challenges and obstacles for your clients in getting them into Paid

Employment. I learnt very quickly to be a good & successful Employment Specialist you must be patience, resilience, faithful, persistence, kind towards your clients and employers because getting a job for some clients become the most difficult thing.

Due to client's mental health conditions and negative life experience, there was a massive stigma that employers had for people with mental health difficulties and mental health

problems. As an Employment Specialist my role was to trying to change the stigma of mental health and show employers that clients with mental health conditions are able to work and effectively do the work duties. As an Employment Specialist I would really talk with employers, managers, recruiters about the importance of IPS and how IPS really help clients maintain Paid Employment and manage their mental health conditions.

As an Employment Specialist I had to accepted that some clients will actively look for Paid Employment and apply

to jobs and do job applications but for most of the clients that was on my IPS Caseload they are just unable to do it.

Being an Employment Specialist really involved lots of IPS Job Coaching and encouragement for clients with mental health conditions. Being an Employment Specialist make you realize how important employment, jobs, volunteering, job opportunities can be to someone who has a mental health condition.

I realize in my own mental health journey the important of IPS & Employment for mental health recovery and how doing an important, meaningful job can really help a person to find hope, meaning, opportunity and control.

Being an Employment Specialist made me realize I was doing something very special for the clients on my IPS Caseload and I realize that this job is a job that can completely transform people lives.

As the weeks & months went on, I was starting to feel worried and anxious about being an Employment

Specialist and if I have chosen the right career path to get into. This worrying and doubt started to become worst as I was doing my work as an Employment Specialist because I didn't have self-confidence in myself, and I didn't know if I could get these clients into Paid Employment.

I realize that my worries and doubt was due to my lack of work experience in IPS & Employment Services. I realize from Journalling and process the these that I was learning about IPS & Employment Specialist Support that I maybe can become a Great Employment

Specialist if I just stick with the roles and do my best to support clients into Paid Employment. I had so many doubts of my skills and abilities but as I stay in the role as an Employment Specialist my Self-Confidence grown and I became more confidence.

Working with my Hero Paul Dorrington (Lead Employment Specialist) in SWLSTG Working as an Employment Specialist was very hard and difficult work

to do due to trying to support clients into Paid Employment. As I was really working with Paul Dorrington (Lead Employment Specialist) I was learning so much about IPS & Employment Specialist Work.

Paul Dorrington would be teaching new things and helping me to understand IPS & Employment Specialist Work. Working with Paul Dorrington has been my biggest honor due to the support and help he give to me when I was younger with mental health difficulties and homeless.

Paul Dorrington explained to me that being an Employment Specialist is difficult work, but you will learn as you go in the role and support clients into Paid Employment. Paul Dorrington explained that being an Employment Specialist is a Marathon and not a sprint. Paul Dorrington explained the way you survive within the role as an Employment Specialist is to make sure you build resilience because this work can become very challenging and difficult.

Paul Dorrington would have meeting with me in Supervisions, ES Weekly Meetings where he would be teaching me new things about being an Employment Specialist & IPS.

Working with my Hero Paul Dorrington has been very interesting, and I am always learning new things about being an Employment Specialist from Paul Dorrington.

Paul Dorrington has a way of always encouraging me and motivating me more to help other people and give back.

Me and Paul Dorrington had one conversation when I was explaining that I feel like I am not ready to do this Employment Specialist role (Band 5) because it is too stressful and hard work. Paul Dorrington spends 1 hour talking with me about why you need to try your best to stay within the role and keep support clients into Paid Employment. Paul Dorrington was explaining that this role is very hard work and difficult work some days you will feel like you cannot do it but the things you need to remember is your WHY. What is your reason for being an

Employment Specialist and helping your clients in mental health recovery. When Paul Dorrington said this to me, I just knew that It because of You and Karen Meechan the reasons why I am helping other people as an Employment Specialist. Paul Dorrington also said that when you have your low days you need to make sure you look after yourself and take care of yourself. Paul Dorrington was explaining to me the Balance of helping other people and your own mental health & well-being. Paul Dorrington explained that you do have the skills and abilities to do this role as an Employment Specialist but you have to believe within yourself and this will come when you support lots of clients into Paid Employment. I said to Paul Dorrington that some days I feel like I cannot do this, and I am out of my comfort zone. Paul Dorrington explained that this is when you will see breakthrough in your work and clients.

Paul Dorrington explained getting out of your comfort zone is the way you grow as a person and become more adaptable to support your clients with mental health difficulties into Paid Employment.

In this conversation with Paul Dorrington, I realize that I need to find a way to find the right balance in supporting my clients into Paid Employment and looking after my mental health and well-being. The key think I learn in this conversation with Paul Dorrington was the resilience and persistence because you are always going to feel challenged by doing this work in IPS as an Employment Specialist.

Paul Dorrington explained to me that if I keep going and move forward you will be able to support lots of clients into Paid Employment. What your experience now within your life as an Employment Specialist is what we call the Learning curve. You're learning about yourself and your skills & abilities as an Employment Specialist which is part of the journey and the things you need to know about IPS & Employment Specialist.

This conversation with Paul Dorrington really helped me and I realize that this is my calling and vocation I must stick with the work and really support clients into Paid Employment.

I was learning and understanding what Paul Dorrington was teaching me and this made me more passionate about helping other people and IPS Employment Specialist Work.

After this conversation with Paul Dorrington, I realize I need to keep going which was the motivation I needed at that time to move forward and do the work as an Employment Specialist.

I continue to do more IPS Session and support clients into Paid Employment and just as Paul Dorrington was telling me I started to see many breakthroughs which completely change my life as an Employment Specialist. The breakthrough was that I was helping client get jobs through Employer Engagement which is part of IPS Model. When client was telling me that got new jobs and new Paid Employment something inside of me Light up and I realize I was doing a great thing for clients.

This was the change I need in the work as an Employment Specialist because before the Breakthrough I was seriously

struggling to do this work but after the breakthrough I said YES this is important and I am making a difference and a contribution to people live.

I had a Supervision with Paul Dorrington on 09/08/2023 when I told him about the breakthrough and me seeing my potential as an Employment Specialist in getting client into Paid Employment. Paul Dorrington said Well Done you are doing very well within the role. I said to Paul Dorrington it was just like you said that I should keep moving forward and helping other people in IPS as an Employment Specialist.

Me and Paul Dorrington had a 2-hour conversation 14.00 – 16.00 about my IPS Caseload, IPS, Employment Specialist. Paul Dorrington was explaining to me the important of your work and you are doing very well to support clients into Paid Employment.

In the conversation we started to talk about Business, Entrepreneurships, Public Speaking, Motivational Speaking, Helping Other People. Paul Dorrington spends

30 Minutes explaining to me about the important of doing Motivational Speaking and Public Speaking. Paul Dorrington said you have got a very deep and interesting story about your mental health recovery and homelessness which can really inspire and help other people. I asked Paul Dorrington questions about why you wanted to do Speaking and share your story to help other people. Paul Dorrington told me that I had a desire and dreams to make sure no one goes through the challenges and experience I went through when I was younger and now my motivation has changed into making a difference and an impact to lots of people. Paul Dorrington explained to me that it is important to help other people, but I have seen for you that you have what it takes to really inspire and help other people.

When I have conversation with Paul Dorrington, we always have deep, powerful conversation. I asked Paul Dorrington one of the most important questions in the conversation with him when we had Supervision. I asked if you were my age (34) what would you do in your life

now to get you to your dreams and desires and also being a speaker.

Paul Dorrington said it very clearly to me and said this – “I am not you Christopher but I would tell you what I would do if I was younger” “I would go for my dreams & desires by taking small actions everyday towards it because you have to bridge the gap between what you want to become to where you are today” “ I would do this pay for Public Speaking Training and start studying now” Paul Dorrington said when you have big dreams and desires you got to plan your small actions to get you closer to them that is one of the important things to realize”.

I said to Paul Dorrington I have not done any Public Speaking on stages or Motivational Speaking to audience. Paul Dorrington said clearly because you I not taking actions to become a Public Speaker you are waiting for a day that would never come unless you start today and take small actions now.

I said to Paul Dorrington but what if I don't have the money to Pay for the Public Speaking Training. Paul Dorrington said do not worry about finding the money to pay for the Public Speaking Training start now. Paul Dorrington explained this to me you are doing YouTube Videos & Evangelism videos. I said to Paul Dorrington Yes. But this was a very important thing that Paul Dorrington said to me. You are not giving any free talks of Public Speaking or building your brand or building your business or monetize your work. I said to Paul Dorrington clearly No I am not now because I don't know how. Paul Dorrington said to me that you remind me of me when I was younger, I was just like you I didn't know how to do anything. But Paul Dorrington said the important thing is to start now.

Paul Dorrington explained to me that achieving your goals means you need to make a commitment towards putting in the work to achieve them. Paul Dorrington said you could become who you want to be you just need to start taking more actions towards your dreams and desires.

On the 24/04/2023 Paul Dorrington asked me to do a IPS Talks about my story of receiving IPS from Paul Dorrington and how IPS Transformed my life to helping other people in the mental health industry. I gave a IPS talk on 24/04/2023 to all the Employment Specialist within England (UK) and all of IPS Grow. This was a very massive moment for me because my story has inspired me to help other people with mental health conditions and help me to recovery from my own mental health challenges & difficulties. I shared my story on MS Teams to all the Employment Specialist & IPS Grow. What I talk about was when I was younger growing up in South West London (Tooting) Rame Close estate, Church Lane being involved in crime, gangs, robbery, drugs, money, how my negative upbringing cause me to develop a mental health condition of Psychosis, Schizophrenia, Depression, How I lost my home and all of my possessions within a fire in 30/09/2014 and I became homeless, How Paul Dorrington & Karen Meechan help me in mental health hospitals to recovery from my mental health conditions, How Paul Dorrington helped me to find Paid Employment using

IPS model and got me into working in the mental health industry helping clients with mental health conditions, How IPS completely transform my life and how it helped me to find meaning, value, life purpose, How I became an Employment Specialist due to the work that Paul Dorrington & Karen Meechan did for me, Why IPS is important and can change people lives, Why I was so grateful & Thankful to Paul Dorrington & Karen Meechan for helping me when I was 24 – 25 years old to find my life work in mental health industry.

My IPS Talks was a very passionate and emotionally thrilling talk which had the whole Employment Specialists & IPS Grow Team giving me compliments, comments, and congratulations. This was the first time I did a IPS Talks in front of lots of people on MS Teams, but I was very happy and excited that everyone understood my life story and how IPS Transform my life. Paul Dorrington listens to the whole IPS Talk as he was in the MS Teams as I was sharing and giving my IPS Talks. Paul Dorrington said that Christopher Rose is a special client of mine who

really had the ultimate dreams & desires to really help other people with mental health difficulties. Paul Dorrington said I am lost for words of how Christopher Rose has grown so much in the last 9 – 10 years in the mental health industry and I am so happy that now he is Employment Specialist working with me.

The IPS talk was very inspiration and motivational and I was growing as a Motivational Speaker/Inspirational Speaker.

Here are some of the IPS Talks testimonials that I received from IPS Grow & Employment Specialist on 24/04/2023.

IPS Talk 21/04/2023 Testimonials. [09:32] Michaela Turpin

Testimonial for Chris Rose: Chris's talk was excellent. He is articulate and engaging. He gave

a great balance between the detail of his personal story, linking to wider themes, that provided a thread through his narrative and learning to share that we, as his audience,

can also benefit from. Chris' talk was very informative and inspiring and on point.

[09:22] Helen Gilbert - Commissioning Manager

Chris is a fantastic speaker. He has a very powerful story and is an inspiring role model about hope. So pleased I got to hear Chris speak.

[09:21] Adele Marshall

Listening to Chris's story has been incredible...he is articulate and inspiring. Such a fantastic motivational speaker!

[09:19] COWAN, Abigail (NHS CHESHIRE AND MERSEYSIDE ICB - 12F)

Listening to Chris was so powerful and inspiring. He is a fantastic speaker and had me gripped and listening the whole way through - thank you for sharing the story of your life so far.

[09:17] Vidal, Matthew

Paul is an amazing lead and it a great to work with him
Ewart, Denise (Community Central CBU) (External)09:17

Thank you, Chris.....so well-articulated, feel privileged
to hear your story. You are a hero and an inspiration.

MEALIN, Candice (NHS SOMERSET ICB - 11X)
(External)09:16

Thank you for sharing, Chris, your story is helpful for
people to hear!

[09:35] WILCOX, Paul (HEREFORDSHIRE AND
WORCESTERSHIRE HEALTH AND CARE NHS
TRUST)

Thank you, Chris, for sharing your story. It was a great
balance of information and passion. very thought
provoking and inspiring

Yasmin Begum Feedback & Testimonial

Hi Chris,

Thank you so much for sharing your story today - it was so beautiful, inspiring, and incredibly passionate.

Well done on your journey - you should be awfully proud of yourself. It takes a lot of bravery to speak up and share your journey with so many people.

Thank you, Yasmin Yasmin Begum IPS Grow Lead 020 7770 6836

Abigail Cowan Testimonial

Hi Chris,

Thanks for this morning, I had a tear in my eye but hearing what you have been through is what is needed to understand how effective IPS is.

Here's my testimonial for you to use:

'Listening to Chris was so powerful and captivating. He is a fantastic speaker and had me gripped and listening the whole way through. The strength and determination he has

shown through his life is truly inspiring - thank you for sharing the story of your life so far.' Best wishes,

Abbie

Abigail Cowan

Partnerships & Transformation Manager – Mental Health
(Wirral Place) 0151 651

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abigail.cowan@nhs.net

Christopher Lawton (Testimonial)

Hi Christopher,

It was a pleasure to hear your opening speech at the NHSE IPS workshop on 21.04.2023. Your story is inspiring to hear, but more so the journey and the place you have gotten to.

You were inspirational to hear and so well spoken and clear in regards where you had started your journey and more so the gains you have achieved over the years.

It was a pleasure to meet you and hear your story. We need more individuals like yourself motivating others and working in this sector, you are a real catalyst for change
THANK YOU. Kind regards

Chris Lawton Programme Manager Integrated Change Team

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07385 936230

John. Bolland Testimonial

Hey Chris

My name's John, I lead the IPS Service up in the North of England, CNTW. I know Rash Patel well and know Paul D a little bit.

WOW! You're story this morning on the NHSEI webinar was epic. Hearing you speak with passion and humanity made the hairs on the back of my neck stand on end.

You are clearly a hugely talented, engaging, and inspiring man and I would encourage anyone with an opportunity to meet with you and hear your story and experiences to do so as it will inspire and motivate others, reframe peoples thinking and encourage therapeutic hope and optimism which is critical for recovery.

Also, we record an IPS podcast – would you be up for coming on it for a chat? Very best wishes from up North!

John

John Bolland (He/Him) IPS Service Lead

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Julia Stapleton

IPS Grow Lead for London

Chris shared such a wonderfully personal story about his achievements to get where he is now doing a job he loves! He told his story with unflinching honesty and really demonstrated the power of IPS as a recovery intervention. Thanks for inspiring us and reminded us of all the importance of IPS.

Sue Witty

Manager in Supported Employment (IPS)

So, heart-warming to hear your story Christopher, you should be so proud of how you've used your own adversity to now make a difference to others ♡

After the IPS Talks I realized that I have the skills & abilities to become a very inspiration Motivational Speaker because of my life experience and the passion I have for mental health work, faith, Jesus Christ, God, helping other people.

As an Employment Specialist I was really helping and support clients into Paid Employment which was helping me to become a more productive & effective Employment Specialist. I would have lots of Supervision with Paul Dorrington where we would be talking about IPS Caseload & Job Retention cases. I realize from listening to Paul Dorrington that I had a long way to go to be a great Employment Specialist but learning every day in the job will help me to grow as an Employment Specialist.

I would also have Employment Specialist Weekly Meetings with Paul Dorrington and all the Employment Specialist Team in Kingston, Sutton, Richmond every Friday from 10.00 – 12.00 which we would discuss our mental health & well-being, Fidelity, Case Studies, Any Other Business. These Employment Specialist Weekly Meeting was a great way to connect with all the Employment Specialist and the Case Studies was great learning about different clients and Employment Situations.

I learn a lot from the Employment Specialist Team, and I was very focused on helping my clients get into Paid Employment.

Being an Employment Specialist is a journey but it can be very rewarding and fulfilling to help clients into Paid Employment. I realize that working with Paul Dorrington was my biggest honor and I learn that being an Employment Specialist is not easy work it is very difficult work but very rewarding.

Chapter 11 - Training as A Listening Volunteer at Samaritans

I have always wanted to be a Samaritans Listening Volunteer due to the support & help I have received from the Samaritans Volunteers. The Samaritans charity means a lot to me, and I am very passionate about the work the Samaritans does for callers who are going through emotional & mental health crisis. My intuition felt that I need to become a Samaritans volunteer because of all the care, kindness, love the Samaritans volunteers has given me from 2014 – Present. When I was truly suffering with serious emotional & mental health crisis the Samaritans volunteers have always been there for me to process my feeling and emotions and listen to me. I realize that the Samaritans volunteers have saved my life so many times due to the long in-depth conversation I have had with the listening volunteers.

I applied to become a Samaritans Listening Volunteer in Central London Samaritans on March 2021 and went to the open day and attend the Samaritans day and had

Samaritans Volunteering Interview. Central London Samaritans said that your Volunteering Job Application has been successful, and we would like you to train to become a Listening Samaritans Volunteer. I was so happy when I got the good news that I have been successful to become a Listening Volunteer with Samaritans.

I had to go through a DBS Check and also do Online E-Learning in the Samaritans Volunteering Portal which was very interesting but very intensive because of all the sensitive information about mental health, suicide, serious challenging with client's mental health problems, serious challenging with client's emotional crisis. The Samaritans Online E-Learning was very good I learn so much about myself and people dealing with mental health problems and emotional crisis but also, I realize a lot of things about myself when I was doing the Samaritans Training which was very triggers for me.

I would do Samaritans Online E-Learning every week and would have to attend Samaritans

Training every week with Senior Samaritans Volunteer & Student Listening Volunteers in Central London Samaritans. The Listening Volunteer training was very intensive, and I was struggling a lot to listen to the callers in the way the Samaritans trains there Listening Volunteers. I realize as I was going through the Samaritans Training that I may not be ready to become a Listening Volunteer yet within my life because I was still struggling with my own mental health problems & emotional difficulties. After 6 – 7 weeks in doing the Samaritans Online E-Learning & Samaritans Training with Senior Samaritans Listening Volunteer I realize that I was not ready to become a Samaritans and maybe it would be a good time to leave the Volunteering opportunity for now because I still need to heal myself and practice more of my listening skills.

I decided that I will leave the Listening Volunteer Samaritans Training at May 2021, but I was very grateful for all of the experience I learn from doing 6 – 7 weeks of Samaritans training. All the Senior Samaritans Listening

Volunteer and Student Samaritans Listening Volunteer said good luck and we wish you the best.

I realize from this experience that I need to develop my listening skills more and be more able to handle mental & emotional crisis without taking it personally. I realize that sometimes you cannot rush your learning process and sometime the best thing is to expect that you need to grow & heal before going into a new Volunteering Opportunity.

I realize my dreams & desire of become a Samaritans Listening Volunteer may not happen right now but that doesn't mean I would not try again in the future.

I will always have a dream & desire to become a Samaritans Volunteer, but I realize in my life right now it not the best time to do it.

I am still very passionate about the Samaritans, and I give regular donation to the Samaritans Charity due to all the great work they do for the callers and clients who need the Samaritans support & help.

Chapter 12 - Training as A Speaker at WaterAid

I wanted to become a Speaker Volunteer within WaterAid because I want to learn how to become a speaker. This was a great opportunity for me to really learn how to become a speaker and go through Speaker training which help me to learn more about helping other people and giving back. I apply to WaterAid in June 2019 and went through the process of becoming a speaker volunteer. I had to do some practice speaking exercises in Volunteering Job Interviews to be able to do the Speaking Training with WaterAid. Once I passed all the Speaking Practices exercises and Volunteering Job Interview, I was then accepted to become a Speaker Volunteer.

I had to do some WaterAid online training E-Learning to learn more about the WaterAid charity which was very interested information and I learnt a lot about the WaterAid charity. As I was doing the WaterAid Online Training I was also doing the Speaker Training with the E-Learning for WaterAid. This was very important because

I never had Speaker Training before, and I was new to learning about Speaking Training.

This was very important, and I got my Speaking Training Volunteering Certificate on December 2019 which helped me to understand the important of Speaking and WaterAid. Once I got my WaterAid Speaking Training Volunteering Certificate I was met to then work as a Speaker Volunteer for WaterAid and be able of the WaterAid charity but I didn't get the opportunity to share my WaterAid Speaking Training Volunteering in Events, Conference, Groups, Stages, Schools, Colleges, University talking about WaterAid through being a Speaker Volunteer.

This was ok but I did want to do some Speaking for WaterAid. I stay a Speaker Volunteer for some months without doing a speaker volunteering. This was a very important lessons, but I learnt that some Volunteering roles can really help you to improve your skills & abilities but for me the main important thing was just being a

speaker because it was important to do and not doing it for anything in return just to help other people and give back.

I stop doing any volunteering with WaterAid on January 2022 and I decided to not stay with the WaterAid charity due to work commitments and working on business & ministries.

Becoming a speaker has been one of my most important dreams & desires within my life and doing the WaterAid Speaking Training help me to understand the important of Speaking and Volunteering.

I learnt so much from my experience in doing the WaterAid Speaking Training and it has helped me with my Mental Health Careers, Personal Life, Professional Life, Ministry work.

Chapter 13 - Going to Church and Praying to Jesus Christ & God

My faith with Jesus Christ & God has become my most important relationship I have developed within my life since I became a Christian and change from the word of God (Bible). There are many reasons which help me to change my life and become a Spiritual Faithful person for Jesus Christ & God. The main reason for me to change and be with Jesus Christ & God was suffering, pains, struggles, hardships, disappointments.

One thing that really helped me to develop my faith is just believing in Jesus Christ & God and become Spiritual.

I have learnt from writing books, doing audio messages, creating YouTube videos, Evangelism in the streets of London that many people don't talk about Spirituality and the importance of it.

I am not sharing this now in this book about my life to say I have been perfecting all my life with my faith and walk with Jesus Christ & God but I have learnt the Spirituality.

Going to church and become a Christian is too important to me personally and for my spiritual life.

I have explained to people, talks to people, help other people, making a difference in people lives to really help people understand one important thing. Spirituality.

Most people don't understand Spirituality. I am not saying that people have religions and are very religious Yes that is ok but that not the important thing for someone who is writing this book about his life.

The Spirituality become everything and more for a Spiritual person & faithful person.

I want people to understand that if you don't understand Spirituality in the work of Jesus Christ & God then you're not able to make your spiritual contributions and difference into people lives.

My Christian & Spiritual Journey started when I was 24 – 25-year-old. I was not always a Christian, I didn't have a faith, I didn't understand Spirituality, but I changed and my life changed. How? This is what happen I lost my home and all of my possessions in 30/09/2014 in a fire which destroy my home and burned away all of my possessions. I had nothing when I came to Jesus Christ & God. I had no relationship, No homes, No Income, No Jobs, No Careers, No Money. Nothing!

This very secret becomes too surprising to most people that I meet today but my Truth is my truth and it is real very real.

How I changed Spiritually was 2 people who helped me when I was 24- 25 years old. Paul Dorrington (Lead Employment Specialist), Karen Meechan (Clinical Psychologist).

They both helped me when I was mental psychotic and homeless. This has been my reason Why I do what I do every day of my life and the relationship I have for Jesus

Christ & God. This is so important to me in my life that I have shared Paul Dorrington & Karen Meechan to most people I know to explain the most important thing. Spirituality. Spirituality.

My life does have lots of difficulties and challenges within it and I am not a perfect person.

- Homelessness
- Abusing family Members
- Mental Health Difficulties
- Break Up in Relationships
- Grandfather losing his life.
- Mother having Breast Cancer
- Motorbike being stolen from Older Brother Property
- Angry Problems

The list can go on from what I have experience, but my life story is really based on 3 people that changed me to write books. Paul Dorrington, Karen Meechan, Jesus Christ & God.

When I went through all the life problems & life challenges, I develop my relationship with Jesus Christ & God more & my faith.

As I started to attend Church in 2 Church, I am apart of Westminster Cathedral, Lighthouse Chapel International and doing regular Prayer & talking with Jesus Christ & God every weekend on Saturday & Sunday. Reading the bible whenever I get a chance & opportunity to read the bible not every day but when I can. I realize that my faith & spiritual life become the most important thing for me.

Being a Christian for me is about developing your faith & spiritual life every day. I realize in my Christian Walk with Jesus Christ & God that spirituality becomes everything and more once you discover the Truth and understand your life purpose and calling in life.

I changed in my life not because I was successful or had lots of money or achieve some greatness for myself no., I changed from 3 people Jesus Christ & God, Paul Dorrington, Karen Meechan.

Going to Church regularly & praying to Jesus Christ & God should be something you do daily or every day. Being a Christian is way more than what people think because you will need to change to do the work for Jesus Christ & God.

The most important things to my real success, prosperity, riches are 1 thing – Helping Other People

Helping Other People – The Most Important Thing

Learning about Jesus Christ & God has told me to help other people, give back, make a difference, contribute and serve.

My life changed to the Spiritual & Faith life because of Helping Other People & Giving Back. Going to church and believing in Jesus Christ & God has helped me so much within my Spiritual & Christian Walk with Jesus Christ & God.

I have tried my best to be a true Christian and live my life honoring Jesus Christ & God in everything I do.

There have been some Bible Scriptures which have really changed my life since I learn them from going to church, reading the bible, and praying to Jesus Christ & God.

The Holy Bible Scriptures which have change my life as a Christian & Spiritual Life

John 3:16 NIV

For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.

Philippians 2:4 NIV

not looking to your own interests but each of you to the interests of the others

John 14:6 NIV

Jesus answered, "I am the way and the truth and the life. No one comes to the father except through me.

Matthew 28:18-20 NIV

Then Jesus came to them and said, “All authority in heaven and on earth has been given to me. Therefore, go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely, I am with you always, to the very end of the age.”

When I learn and understand these scriptures within the bible it really helped to grow my faith and believe in Jesus Christ & God much more.

Going to Church for me is a very important thing in my life and I love my congregation and church family in Westminster Cathedral and Lighthouse Chapel International Battersea. I

have really grown in my faith and Christian life due to going to church regularly and being a part of my congregation.

Spirituality & Christianity is very important to me because of what I have been through in my life and the very horrible negative life experience I have been through.

Being a Christian is more spiritual than anything else and you have to realize that helping other people should become your life work and the main focus in your life.

When I started to really help other people, I felt like I was really living my calling and life purpose in life because helping other people is a vocation and career path to choose.

My faith & Spirituality help me to help other people and give back in my faith life & spiritual life and I really feel like my life experiences has led me to do the work of Ministries and helping other people.

Because I have been a true Christian since September 2014 – Present I realize the powerful of having a faith and spirituality and believing in Jesus Christ & God.

My Christian life & Spiritual life makes me be the person I am today because I have changed Spiritually and now my life is focus on helping other people & giving back.

In my Spiritual life I have become Selfless, and I live the No Self. This is the ultimate spiritual change a person can go through within their life through Spirituality and Spiritual Transformation. From September 2014 – Present I been helping other people for 9 – 10 years within the mental health industry, through YouTube Videos, Through Books & Audios, Through Sermons, through doing Evangelism in the streets of London.

I have helped hundreds & thousands of people from being homeless into a Spiritual Person. This has become very important for me and makes me realize that Jesus Christ & God has been helping me to help & support all these people who are struggling and going through mental health difficulties.

My Faith is the reason why I can help other people & give back and I realize my life experience has helped me to become Spiritual & fulfilled.

I don't help other people because I want something from the work I do. No. I help other people because people need help & support in what they are going through.

My mind has changed spiritually from thinking about myself into just focusing everything on helping other people.

This is because when you discover the No Self & Selflessness you change Spiritually, and you realize that your life is not about you!!! It about the people you help & support and the difference you make.

I always think about Jesus Christ Ministry when he was on earth and how Jesus Christ was healing, evangelizing, preaching, teaching, ministering, caring, helping other people.

My faith & Spirituality has change me completely into the
No Self & Selflessness.

No Self – Helping Other People, Spiritual Contributions

Selflessness – Helping Other People, Not Thinking about
yourself when helping other people.

Chapter 14 - Building Christopher Liam Rose Ministries and Doing the Evangelism Ministry

I started to build the Christopher Liam Rose Ministries for my faith & Christian life for Jesus Christ & God. My focus with Christopher Liam Rose Ministries is to build the church and get people closer to Jesus Christ & God. I first started to really create Sermons, Videos, Audio on Christopher Liam Rose Ministries YouTube Channel to help spread the Gospel of Jesus Christ & God online. This was very important to me because I have always had the ability and skills to create Videos, Audios, Text, Words, Pictures & Content online because of my life experience in Creativity & Music.

I create the official Christopher Liam Rose Ministries YouTube channel in August 25 2022 to spread the Gospel of Jesus Christ & God Worldwide through online content.

My YouTube Presence has become very important in my work in Ministries work because I have always been

working on YouTube since 2010 – Present and I have created thousands of YouTube Videos online.

In my Online Content for Christopher Liam Rose Ministries, I have lots of different types of Videos.

I have Audio, Videos, Sermon, Evangelism, Messages content on the YouTube Channel. I have tried my best to create YouTube Videos every day on Christopher Liam Rose Ministries to build the Ministry and the build the YouTube Channel.

Christopher Liam Rose Ministries is all about spreading the gospel of Jesus Christ & God to people worldwide and help people to find their faith in Jesus Christ & God.

As I started to make online content for Christopher Liam Rose Ministries, I made a decision to start recording & filming my Evangelism when I preach the Gospel of Jesus Christ & God on the Street of London. This become my Evangelism Ministry and I would go out on Evangelism

every week in different locals in London preaching the Gospel of Jesus Christ & God.

Evangelism is a Spiritual thing I do because of my life experience, and I felt called to be an Evangelist because of my faith & spirituality.

I have evangelism in most locals in Southwest London & have recorded & filmed all my Evangelism which is now on my Christopher Liam Rose Ministries YouTube Channel.

Evangelism is part of my calling and I believe being an Evangelist is one of my highest honors for Jesus Christ & God.

I really become very Spiritual when I start preaching Jesus Christ & God in my Evangelism. The evangelism I have done has been very sacred and special because I have a nature ability to preach and share the gospel of Jesus Christ & God.

Being an Evangelist is the most important work I do in my life and I don't take it lightly; I am very serious in my preaching & teaching in Evangelism.

The reason why I started to record & film all of my Evangelism is because there is a massive gap between people who believe in Jesus Christ & God and people who don't have a faith and don't go to church. My recording & filming of Evangelism is my way to get the gospel of Jesus Christ & God spread to as many people as I can through Online Videos & Online Content.

My Evangelism has helped me to grow from a quiet Christian into a Spiritual Teacher of the Gospel of Jesus Christ & God.

I would encourage every Christian to do Evangelism if you believe in Jesus Christ & God and preach the gospel to people on the streets.

Romans 10:17

So, then faith comes by hearing, and hearing by the word of God.

I realize the more I preach & teach about Jesus Christ & God to people everywhere around the world the more people will hear the word of God. Faith always comes by hearing the word of God first.

Christopher Liam Rose Ministries is at the beginning stages of its church & growth but every day we are working hard to spread the gospel of Jesus Christ & God every day.

I want to build Christopher Liam Rose Ministries into a worldwide ministry that helps millions of people find Jesus Christ & God.

My spiritual relationship with Jesus Christ & God is very important to me and I know I am called to preach the Gospel of Jesus Christ & God to people worldwide.

Chapter 15 - Christopher Liam Rose Creating Spiritual Music

I have always been very passionate about Music & Creativity since I was younger, and Music has a special place in my heart because I love all types of Music and really enjoy listening to Music. When I was younger, I founded a Music Company called Starz Gang Rockstarz (SGR) which was an independent music business which was focus in creating unique, creative, positive music, media, entertainment. In the SGR business I was the founded of the Music Company, but I was also a Rapper, Producer, Musician within the company. I was so passionate and driven about music that I wanted to create music everyday through the SGR business. The music I created when I was younger was all about my life experience growing up in Tooting (Rame Close) Church Lane and all the life experiences I went through at that time in my life. I would create all different types of music as a Musician in SGR from Hip-Hop, Rap, RnB, Christian Music.

My music was an expression of my life and what I have experience but has I been creating music everyday recording music in my Home Studio and going through different life experience my music slowly started to change into more Spiritual Music.

The music changed because I went through a very serious life experience in 30/09/2014 where I lost my home and all of my possessions within a Fire which burn everything away and I loss everything I had from possessions & materialism things.

Once I went through this life changing experience, I became a more Spiritual person and started to believe in Jesus Christ & God. Before the fire & losing all my possessions I wasn't in faith and didn't have a religion of Christianity. I was just a Musician & Founder of SGR and was creating music every day.

The loss of my home & all my possessions helped me to start looking at my life and going more inward towards my feelings, emotions, intuitions, spirituality. I realize in my

life that I have made a lot of mistakes and done a lot of things that I wasn't proud of, and I needed to repent and change my life completely to faith, Jesus Christ, God.

At this time in my life, I was going through a Spiritual Awakening & Spiritual Transformation due to the loss of everything. Jesus Christ & God was working in my and changing me Spiritually into a different person.

I realize the past life of Gangs, Women, Drug, Shisha, Tattoos, Alcohol, Friends, Family, Girlfriends, Gangsters, Crime, Violence would all need to change into Spirituality.

Before the fire of losing my home and all my possessions I knew that this was going to happen to me due to spiritual visions and signs from the universe which I wrote in a book called Miracles. I create a series of videos on my old SGR (Reckyz Rose) YouTube channel called Imperfections to Perfections (Repetition).

Imperfection - (The Past) I = Conflicts (Part 1)



Imperfection - (The Past) I = Conflicts (Part 2)



Imperfection - (The Past) I = Conflicts (Part 3)



Imperfection - (The Past) I = Conflicts (Part 4)



Imperfection - (The Present) Unknown = Change & Choice (Part 5)



Imperfection = Perfection (The Future) No I = No Conflicts (Part 6)



Once I created these videos on Reckyz Rose (SGR) YouTube Channel I discover a Spiritual Revelation that I must become a person of Truth & Spirituality. God & Jesus Christ gave me

the Spiritual Vision to look into the Future and be a true creator of Music, Creativity, Positivity. After these videos my life completely change Spiritually and I realize my work is to really help other people, give back and make a difference.

When I was homeless and going through mental health crisis 2 people helped me to recovery from my mental health conditions & homelessness. Their name was Paul Dorrington & Karen Meechan. They both helped me to recovery from my mental health difficulties.

After the fire and being homeless I changed as a person spiritually and I realize once I get the opportunity to create music again, I would need to create spiritual music.

When I was in a better situation mentally, spiritual, physical I realize I need to start creating music again and be a Spiritual Musician. This is when my music changed, and my musician abilities and skills changed. I knew my life was now about helping other people and changing the world in some way.

I created so many Spiritual Music Albums which make me become a very Spiritual Musician.

- Giving it all to God
- Suffering
- Truth
- Jehovah & Jesus Christ
- Born To Do Music
- The Musical Ministry
- Vulnerable
- The Different People
- Influential
- Self-Therapy

- With God
- God Is Everything
- The God Revolution
- From Being Homeless to Helping Other People
- Black Star Legend
- The Spiritual Musician
- The Spiritual Musician 2
- The Spiritual Musician 3
- Only For Jesus Christ & Jehovah
- Gospel Music (Volume 1)
- Gospel Music (Volume 2)
- Gospel Music (Volume 3)
- My Letter to Jesus Christ & God (Single)
- The Spiritual People
- My Spiritual Story (Official Single)
- Change (Volume 1)
- Change (Volume 2)
- Change (Volume 3)

The music I was creating now was about Spirituality, Jesus Christ & God, Helping Other People, Selflessness, No Self, Revolution, Change, Revelation, Future.

All my Spiritual Music Albums has deep meaning & value to them because they are all talking about being with Jesus Christ & God and become Spiritual.

My music has completely change into Spiritual Music which is really all about spreading inspiration and trying to help people to change their life and live their spiritual life purpose.

The music I create now is very spiritual and I believe by listening to the lyrics & music people lives with change for the better.

My life experience has changed me into a Spiritual Musician who really want to inspire people and bring change & hope in the world.

The spiritual music is also my way of healing my past trauma and negative life experience I have always

believed that the music I make now its true therapy and self-acceptance.

Spiritual Music is the future, and I am a musician who is going to Spiritually go all out to create the music industry into creating more true, conscious, spiritual music. As I have grown as a Musician & Artist the SGR Business has also grown with me and Now SGR Business is about inspiring the next generations of Musicians, Rappers, Singers, Creators, Music Producers, Entertainers, Artist.

My main life purpose has a musician is to create change & freedom in the world by spreading the truth and love & peace through my music and artistic expressions.

My faith has also given me the ability & skills to create Gospel & Christian music which is linked to Spiritual music and Spirituality.

As a Musician I am focus on spreading the Gospel of Jesus Christ & God and create Spiritual Music that will live on forever and forever.

My spiritual life & faith has change me into a Spiritual Musician and I have devoted my life to helping other people through Music, Arts, Positivity & Creativity

Chapter 16 - Christopher Liam Rose Changing into Living for Jesus Christ & God

I have changed my life to live for Jesus Christ & God because of the suffering, pains, hardships, challenges, disappointments, struggles I have experiences. My Faith has become the most important thing in my life and I am truly grateful and honor to be living now for Jesus Christ & God. I have always been a very spiritual person who believe in Jesus Christ & God and my faith has been a very important thing for me to build my relationship with Jesus Christ & God.

I have a very serious prayer life where I spend some 20 minutes at Westminster Cathedral spending time with Jesus Christ & God on Saturdays & Sundays, in my prayer I normally pray about helping other people & giving back and Jesus Christ & God always answer my prayers. Prayer has become an important habit I do every weekend

(Saturday & Sunday) to give thanks to Jesus Christ & God and to really build my relationship spiritually with Jesus Christ & God.

I realize that I am changing more into a Spiritual Person and a Spiritual Evangelist. There is a Scripture in the bible that has changed me spiritually called Philippians 2:4 NIV- not looking to your own interests but each of you to the interests of the others. I have lived my life focusing on this scripture because it helps me to realize that I am Spiritual Person who want to devoted his whole life to Jesus Christ & God by focusing my ministries work on helping other people & giving back.

I go to church in lighthouse chapel international (Battersea Branch) where I am a part of the congregation. My pastor's reverend T & Reverend Archie has been ministering & pastoring my church for many years which has spiritually grown me as a Christian & in Faith. I really enjoying going to church because it moves me emotionally & spiritually and

I am always learning powerful scriptures & teaching from my church. My Pastors have helped me to develop my relationship with Jesus Christ & God and has shown me the important of Salvation and being born again.

I am always reading & listening to Dag Heward Mills (Founder of Lighthouse Chapel International, Pastor, Evangelist) which always helped me more learn about Jesus Christ & God. Dag Heward Mills is my Spiritual Father in faith, and I am always blessed to listen to his sermons, preaching, audio messages, teachings. Dag Heward Mills has shown me the important of Ministry and what I need to do for Jesus Christ & God.

I have quiet time and read my bible when I can. Learning the word of God and reading the scriptures help me to develop my faith and grow with Jesus Christ & God. Reading the bible is something I do when I can I don't read the bible every day because I am not perfect but when I read the bible it is time well spend.

My change in my life has been so amazing and great that I am a truly blessed person because I know the lord is working in my to do the work of ministries and helping other people.

I have changed Spiritually (Anointing) to do the work I am doing for Jesus Christ & God through Christopher Liam Rose Ministries. I am very passionate about Evangelism & preaching the gospel of Jesus Christ & God.

I realize that God & Jesus Christ changes you spiritually once you understand your salvation and you have been saved by the Lord of Lords & we are all children of God.

Church has become an important part of my life and I really enjoying learning about Jesus Christ & God.

I have realized in my walk with Jesus Christ & God my Evangelisms has grown and become much better due to the Holy Spirit and the Anointing. I am realizing that Jesus Christ & God is everything to me and I want to live my life honor my Lord and doing the work in Ministries.

Changing for Jesus Christ & God has not been easy to do but it has been worth it, and I am still on the journey of becoming more spiritual & faithful.

My biggest lessons I have learn is – Give Your Life to Jesus Christ & God today!!!! Never Look Back.

I have change in so many ways which is amazing to believe due to the presence of Jesus Christ & God on my life and my relationship I have built with Jesus Christ & God.

I am now an Evangelist who does the work of Ministries and this has been the biggest fulfilment and rewards I have ever experience in my life.

Being an Evangelist is so important to me, and I love Jesus Christ & God for what they did for me and how they have giving me salvation & freedom.

Preaching the Truth has become part of my life and now in my life I share everything about myself to help me see the truth of the change of Jesus Christ & God in my life.

My faith has also changed me to No Self & Selflessness which has been very fulfilling. My life is now focus on helping other people, music, faith.

Chapter 17 - Christopher Liam Rose Changing into Living the No Self and Selflessness

The way I changed my life from living the No Self and Selflessness was by helping other people, giving back, and making a difference in people lives. I have been very passionate about helping other people ever since I was made homeless due to losing my home & all my possessions in 30/09/2014. When Paul Dorrington & Karen Meechan helped me when I was homeless and mentally psychotic in mental health hospital, I realize I had a massive desire, dreams, ambition to help other people and give back. My work in the mental health industry started shortly after I met Paul Dorrington & Karen Meechan in 2014. As I was helping other people within the mental health industry and support people in what they were going through my life slowly began to change in many ways.

My focus was not about me anymore or my success & accomplishments because it wasn't very important to me

due to me being focused on helping other people and giving back.

As I started to learn more about my Faith & Spirituality, helping other people within the mental health industry, helping other people with YouTube Videos, Books, Audios, Sermons, Doing Evangelisms in the streets of London I realize something has changed in my Spiritually which I call the Anointing & Holy Spirit. I have changed completely as a person now and my life that I live now is really a Faithful & Spiritual Life.

Changing into the NO SELF & SELFLESSNESS has not been an easy thing to do because I have experience overwhelming suffering and pain to get to this point in my life but my Faith & Spirituality has changed me from a Homeless, mental health difficulties person into something that help other people & give back Selflessly & Spiritually.

The main cause of me becoming the No Self & Selflessness was because I loss everything in my life that

I found important to me my home, my money, my friends, my relationship, my possession, my identify, my life in 30/09/2014 which gave me no option by to surrender my life for a life purpose biggest then myself which was to help other people, give back and make a difference in people lives.

My encourage for people who really want to understand No Self & Selflessness is to help other people in what they are going through every day. The more people you help & support the more spiritual and selfless you become.

There is a quote that I created which I live by – ITS NOT YOUR PROBLEMS THAT MAKE YOU WHO YOU ARE, IT'S THE PERSON YOU BECOME THAT MAKE YOU WHO YOU ARE.

Most of life experience and challenges sometimes help you to become who you really are. Spiritually you grow as a person and your problems make you humble, compassion, empathic, kind, caring towards other people.

There is something about living through serious life experience that Transform your life in every way.

I discover the No Self & Selflessness when I was 24 – 25-year-old due to all the life experience I went through. I realize that the more pain I go through the more spiritual I become and the life problems that I have face have been life lessons.

I don't look at all my life problems as challenges, I look at my life problems as Serious Learning Lessons.

When I changed into the No Self & Selflessness, I couldn't think about myself anymore or all the life experience I went through because this would destroy me and really upset me. My only option within my life was to move forward and help other people in what they are going.

NO SELF to me is a Spiritual Transformation when your life is not about you anymore it about what you can give and how you can help other people. NO SELF is a life of Spiritual Contributions towards others.

There has been 2 Scriptures within the Bible which I have learnt that helps to explain the Spiritual Change of No Self & Selflessness.

Philippians 2:4 NIV

not looking to your own interests but each of you to the interests of the others

Matthew 10:39 NIV

Whoever finds their life will lose it, and whoever loses their life for my sake will find it?

When I learnt these 2 Scripture in the Bible and did the work of helping other people for 9 – 10 years then I realize the Spiritual Change that happen in my life. These Scriptures help to explain the No Self & Selflessness.

When I changed spiritually & selflessly, I realize my Spiritual Life Purpose was to explained the important of No Self, Selflessness, Helping Other People.

The important thing I realize from my spiritually change is that you need to help other people, give back and make a difference to really discover the No Self & Selflessness.

My Life Mission is to live the No Self, Selflessness and Live for Jesus Christ & God by helping other people every day and helping other people worldwide through ministries & vocations.

When you live the No Self your life will be a life of Truth & Freedom.

The No Self helps you to realize your free from the known & your spiritually enlighten. For me the Truth become the most important thing and Spirituality.

Chapter 18 - Living Spiritual Life Purpose & Calling

I have learnt so much from the support & help I received from Paul Dorrington & Karen Meechan when I was younger dealing with mental health difficulties and homelessness. But I learnt something so important which has helped me in all part of my life and completely change me from homelessness and mental health difficulties into a Spiritual Person. This was the main life lesson I learnt from Paul Dorrington & Karen Meechan – Helping Other People & Giving Back.

When I learnt the important of helping other people & giving back from Paul Dorrington & Karen Meechan then my life completely change into helping other people and giving back.

It took me a few years to really discover my life purpose and calling within my life because I was lost and going through much suffering and pain. But the life lessons I

learnt from Paul Dorrington & Karen Meechan has completely change me into a Spiritual Person.

Before I discover my life, purpose and calling in helping other people and give back, I was going through mental health difficulties from 15 – 25-year-old. This was a very challenging thing because I was very lost and going through lots of serious life challenges which really destroy me and make me vulnerable and lost. But it was when Paul Dorrington & Karen Meechan helped me when I was mentally psychotic and homelessness and discover true meaning & value which I never ever experience before I met these two people.

When I was 25-year-old I started to build my career within the mental health industry helping other people with mental health problems. As I was learning and building my career within mental health industry, I learn to importance of helping other people & giving back.

This was my Spiritual Motivations & Spiritual Inspiration which really motivated me and encourage me to want to help other people and give back.

I have been working in mental health industry for 9 – 10 years which has helped me so much to help other people and make a difference. From the life lessons I learn from Paul Dorrington & Karen Meechan, it motivated me and helped me to stay driven because of the help & support I received from Paul Dorrington & Karen Meechan.

From helping other people and giving back my life was changing spiritually, and I was learning so much about helping other people & give back.

I didn't want to do anything based on money, houses, cars, friendships, relationship, family because this was not my motivation for helping other people & giving back.

Helping Other People really helped me to find my life purpose & calling.

For me it was always about helping other people & giving back nothing else for me because anything else had no important at all to me and didn't motivate me in any way at all.

This was very important for me to learnt when I was 25-year-old because this has motivated me to do all the work I am doing today. When I was younger 25-year-old I was not supporting or helping other people because I was lost and going through serious life problems.

I discover my life purpose & calling from helping other people because this is what my life has become today, and it has been focused on helping other people and making a difference.

My life Purpose & Calling has been a few things for me to learn and understand in my life.

- Evangelist
- Musician
- Teacher

These are the 3 roles that have really motivated within my life to really help other people, give back and make a difference.

Being an Evangelist is for my Spiritual & Faith life because of my relationship with Jesus Christ & God & Spirituality

Being a musician is for my creative life because I was a musician before I was helping other people & giving back

Being a teacher is for educational & teaching life because I need to teach people about Helping Other People, No Self, Selflessness

My Life Purpose & Calling has all been discover when I was 25 years old going through homelessness & mental health difficulties.

It is like I have been explaining in this book –

Paul Dorrington & Karen Meechan (My Spiritual Motivation) Jesus Christ & God (Spirituality Motivation)

Dag Heward Mills (Spiritual & Faith Motivation)

My life purpose & calling has been very serious for me, and I do come at a very serious price which has been a very serious life challenge and life problems for me. But I learnt so much about helping other people & giving back from Paul Dorrington & Karen Meechan which completely change my life in every way.

I want you to understand that it was not my success, achievement, accomplishment that makes me who I am as a person.

It is the life problems I have gone through and life challenges I have experiences that make me who I am, but I do understand the important of SPIRITUALLY CHANGING.

What I have learnt from being a Spiritual person is really understanding SPIRITUAL TRANSFORMATION

The Spiritual Transformation is the thing that has change me into the Spiritual Person which

has helped me to really understand the important of helping other people & giving back.

The Secret for me has been this 1 thing in my life for helping hundreds and thousands of people with mental health difficulties and mental health problems has been this.

SPIRITUALITY – HELPING OTHER PEOPLE – NO SELF – SELFLESSNESS John 3:16 NIV

For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.

Philippians 2:4 NIV not looking to your own interests but each of you to the interests of the others.

This has been so important in my life purpose & calling and is the main reasons and motivation for helping other people & giving back.

I learn every day from helping other people and I have learnt from the Bible Scripture that I have shared in this part of the books.

Your life purpose and calling have got nothing to do with money, houses, cars or any materialism thing. No. Your Life Purpose and calling is what you need to do with the world & universe while you are on earth and this is way more important than family, friends, relationships, houses, cars, money.

For me discovering my life purpose & calling came at losing everything I had my home, my possessions, my friendships, my relationships, my money, and all of the materialistic things.

There is a Bible Scripture in the Bible that help to explain the losings and suffering I went through to discover my life purpose & calling.

Philippians 1:21

For to me, to live is Christ and to die is gain (Serious Bible Scripture)

This Bible Scripture explains everything to me clearly and has been a Serious Bible Scripture but a very important life lesson. TO LIVE IS CHRIST – TO DIE IS GAIN.

For me this is the price that I had to understand for myself as being a Spiritual Person because if I don't die to all these Materialistic things, houses, cars, money I wouldn't gain Jesus Christ.

So, this Bible Scripture is a Warning but has so many important life lessons for me

Living for Jesus Christ has been more important thing personally for me than anything else because I has lost and die to materialistic things and I never ever want money, houses, cars because it doesn't matter as much as my Spirituality & Faith.

Life Purpose & Calling are both linked as one thing once you discover your life purpose then you discover you're calling.

You need to learn the important of helping other people and giving back to learn you're calling.

Your calling becomes a Spiritual thing and it cannot be place for any money, house, cars, friends, relationship, family. No, No, No

Life Purpose & Calling is Spiritual.

Chapter 19 - Becoming A Spiritual Evangelist

I wanted to become an Evangelist because I know what Jesus Christ & God has done for me within my life and my spiritual life & faith life lead me into doing Evangelism. Becoming an Evangelist was all about honoring Jesus Christ & God and living my spiritual life purpose & calling. I became an Evangelist because the Gospel of Jesus Christ & God must be shared to all people around the world and The Gospel for Jesus Christ & God will bring people salvation and Spirituality.

I knew that become an Evangelist would be the most difficult life challenge for me but the most important work I do within my life.

There have been many reasons why I enter into Ministries and do the work of Jesus Christ & God but the main reason was because when I was homeless in 30/09/2014 and didn't have faith or religion, my life was in a negative destructive way which cause me deep suffering and pain.

I realize the only real-life choice and decision I can make is to become an Evangelist and believe in Jesus Christ & God. Once I came out of homelessness and recovery from my mental health conditions from two people who helped me Paul Dorrington & Karen Meechan then I made a life decision to become a Christian and give my life to Jesus Christ & God.

Becoming An Evangelist was part of my Spiritual Journey and Christian life. I realize I had a very good desire & ambition to speak and talk with people because I was working in the mental health industry for 9 – 10 years supporting people with mental health difficulties. Being a speaker was always my ambition and motivation because I could help lots of people and really preach the gospel of Jesus Christ & God.

I remember the day when I first ever started my Evangelism Ministry, I was at my mother house because I wanted to see my Mum and Family and at around 02.00 – 03.00 am I was watching TBN UK and there was a Pastor on Television talking about Jesus Christ & God and

your Salvation is to preach the Gospel of Jesus Christ & God. As I was watching this Pastor on TBN UK preaching about the Gospel of Jesus Christ & God I had this intuition feeling in my mind and body that I need to preach tonight and do some Evangelism. At first, I never knew that I could be an Evangelist and preach the Gospel of Jesus Christ & God. But after watching that Pastor preaches on TBN UK I realize that this is my future and calling in life and I need to follow the Holy Spirit and preach to people about Jesus Christ & God. That night I started my Evangelism Ministry for the first time ever preaching to people about Jesus Christ, God, Salvation on the bus and in the streets of Streatham & Norbury. As I was talking to non- believer and non- Christian in the community, I realize the important of Evangelism and being a witness for Jesus Christ & God. That night completely changes my life and my spiritual path into becoming an Evangelist and preaching the Gospel of Jesus Christ & God.

As I grew spiritually as a Christian and my faith grew, I knew deep down that I need to stay on the path of become

an Evangelist and preaching to people. I did lots of different Evangelism after my first time in different areas in London & Southwest London and sometimes I would do Evangelism after I finished work.

My spirituality and my faith grew so much when I became an Evangelist and I realize that Jesus Christ & God has saved my life to preach the Gospel and without being scared or frighten about what people thought about me and my preaching.

I continue to attend church regular in Lighthouse Chapel International and started to attend Westminster Cathedral. I would be studying the word of God and I would pray to Jesus Christ & God regularly.

I was so passionate about Jesus Christ & God and the love & compassion they have shown to me within my spiritual life & faith life that I wanted to find a way to grow my Evangelism Ministry and really help more people in faith & spirituality.

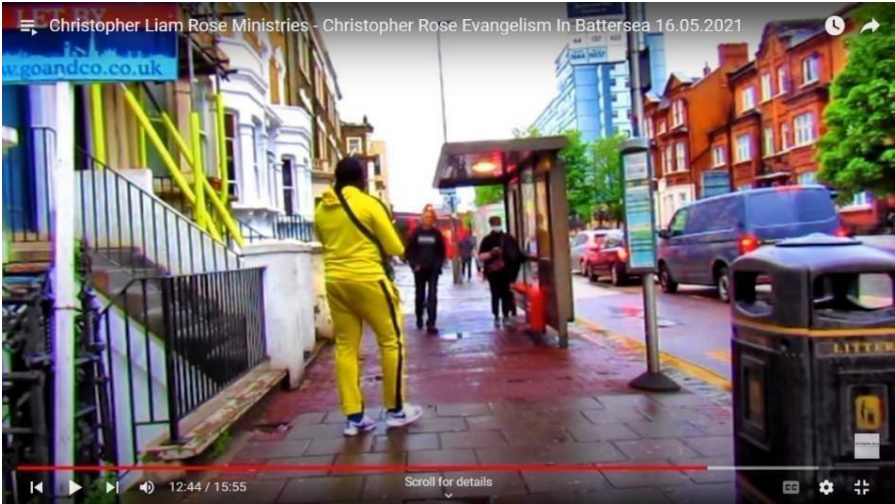
One day I had a great Idea to start recording my Evangelism on my Camera and film me evangelism and preaching to people in the streets of London. I believe this idea was a gift from God showing me that your need to build the Evangelism Ministry more and start sharing all your Evangelism online.

As this idea was such an amazing Idea, I said to myself how would I be able to record and film all of my Evangelism and then I realize I already had Digital Camera, Tripod and Camera equipment to make this happen.

My first ever recorded Evangelism was in Battersea (Where I live) on 16/05/2021.

I recorded the Evangelism, and this was the start of my Recorded Evangelism Ministry

**Christopher Liam Rose Ministries - Christopher Rose
Evangelism in Battersea 16.05.2021**



When I recorded my first ever Evangelism Video, I uploaded it on my YouTube Channels to spread the Gospel of Jesus Christ & God. This was a vital & important moment for me in my life because I knew my Faith & Spiritual Life lead me into doing Evangelism and working for Jesus Christ & God.

I realize as an Evangelist I had the talent & gift to speak and shared the gospel of Jesus Christ & God in a powerful way. My focus for Evangelism was to help people find their relationship with Jesus Christ & God.

I understood that my life purpose & calling was to be an Evangelist and preach the Gospel to Jesus Christ & God.

Since my first ever recorded Evangelism, I started to really spiritually go all out!!! And do evangelism all the times on the weekend when I wasn't working.

I also was building my faith & spiritual life in Ministries and Church where I would read the bible, listening to Dag Heward Mills, Joyce Meyer, Joel Osteen Sermons & Preaching, Praying to Jesus Christ & God, Spending time in Nature & Silence.

This helped to grow me into an Evangelist and become a better speaking and Evangelist in preaching the Gospel of Jesus Christ & God.

I have been Evangelism on the Streets of Southwest London for many years now and I have done over 40 – 50 Recorded Evangelism which are on my YouTube Channel. (Christopher Rose) & (Christopher Liam Rose Ministries)

***Christopher Liam Rose Ministries- Christopher Rose Evangelism In Battersea
31.07.2023***



***Christopher Liam Rose Ministries- Christopher Rose Evangelism In Oxford Circus
03.06.2023***



Christopher Liam Rose Ministries - Christopher Rose Evangelism in Vauxhall 09.04.2023

What really inspired me to become an Evangelist was 3 Bible Scriptures which helped me realize the important of Evangelism and preaching for Jesus Christ & God.



John 3:16 NIV

For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.

Philippians 2:4 NIV not looking to your own interests but each of you to the interests of the others.

Matthew 28:18-20 NIV

Then Jesus came to them and said, “All authority in heaven and on earth has been given to me. Therefore, go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely, I am with you always, to the very end of the age.”

The true secret to my Evangelism Ministry is these bible scriptures and the suffering I have been through as a Human Being.

I learnt from being an Evangelist is that your life is about others and not about yourself. Helping Other People in Evangelism for me is my biggest honor and appreciation for Jesus Christ & God for saving me in 30/09/2014 from Fire which burned all my possessions away.

Chapter 20 - Starz Gang Rockstarz (SGR)

I founded Starz Gang Rockstarz (SGR) in 2010 because I had a massive passionate and desire to create a Music Company where I can create Music as a Musician, Rapper, Singer,

Music Producer. Starz Gang Rockstarz (SGR) is an independent Music Media Entertainment Company. SGR is driven to create quality unique music, media, entertainment for people to enjoy and really love. SGR is passionate about the content they create and want to bring people together to enjoy music, media, entertainment in a positive, creative way. SGR is going to become the largest independent music, media, entertainment company internationally and we want to inspire the next generations of Musicians, Rappers, Singers, Songwriters, Music Producers, Entertainers, Content Creators. SGR movement is always

about spreading & sharing Love & Peace within the world through showing are artistic expressions.

I wanted to create SGR because of the passionate I have for Music, and I wanted SGR to be a Music Company that shared Love & Peace all over the world through Music & Artistic expressions. When I founded and created SGR it was just me at first doing all the Music and releasing my music on YouTube on Reckyz Rose YouTube Channel and on Datpiff, Soundcloud music websites. I was an independent Music Artist create Music for the SGR Music Company. As my music and reputation grew in the SGR company I started to work with independent Rappers, Music Producers, Singers who was also looking to make it in the music industry.

Reckyz Rose YouTube Channel grew from 0 Subscribers into 1000 Subscribers in a few years through consistent work that I was doing for the SGR Company. I wanted to focus the music I was creating on building an audience of true fans & followers that would help support the SGR Music Company.

Starz Gang Rockstarz (SGR) was the first ever business I created and was a very important part of my musical journey and entrepreneurship journey. When I was 20 – 25-year-old I spend all my time working on Music Albums, Mixtapes, Eps, Singles and would create music content every single day. I invested lots of my personal savings & finances into the SGR Music Company and try my best to come a Successful Rapper, Musician, Music Producer, Singer in SGR.

Music was my life from 20 – 25-year-old and I spend 5 years trying my best to grow SGR Music Business. Working as a musician was very rewarding and fulfilling because I was creating original music for my SGR Fans & Followers.

As the SGR grow into a more established independent Music, Media, Entertainment Company I started to hire & recruited new music artists, rappers, singers, songwriters, music producers, entertainers, content creators into SGR.

Some of the Music Artist & Entertainers I recruited to SGR was Jan Conrad (Music Producer & Music Composer), Bigdigga (Music Producer), Engenhero42 (Entertainers), Pqvimana (Entertainer).

As I grew the SGR Team in SGR, we would all started create content online on our YouTube Channel and market, advertise, promote SGR to true fans & follower on YouTube & social media.

As a Musician I create lots of Albums, Mixtapes, Eps, Singles for SGR Music Company which helped to share the SGR Brand to lots of people worldwide.

Christopher Liam Rose Music Discography (Albums, Mixtapes, Eps, Singles) #SGRMUSIC

1. Star Zone Mixtape
2. Mr Sweetheart Volume 1 Mixtape
3. Rap Zone Mixtape
4. Freestyle Zone Mixtape

5. Cool Zone Mixtape
6. Positive Zone Mixtape
7. Not Written
8. SGR Starz Beats (Volume 1)
9. Star-crossed (with Bigdigga)
10. SGR Starz Beats (Volume 2)
11. Grinding Too Hard (With Mike B)
12. SGR Starz People
13. SGR Starz Beats (Volume 3)
14. Galaxy Starz Ship Music (with Smiley on the beats)
15. SGR Starz Beats (Volume 4)
16. Mr Sweetheart Volume 2 Mixtape
17. Perfection

18. Perfect Perfection Production
19. Real Gz Do Real Things
20. Acapella
21. Walking Away
22. Grinding & Hustling Forever
23. Mr Sweetheart Volume 3 Mixtape
24. Street Paradise
25. Tooting Star
26. Tooting Rockstar
27. Past Present Future
28. Heaven Sent
29. Living Forgotten Legend
30. Music Is My Life

- 31. Different
- 32. Give More
- 33. Life
- 34. Blacknairs
- 35. Rockstar Life
- 36. My Story
- 37. Past
- 38. Freedom Love Peace
- 39. God is Love – Love Is God
- 40. God Will
- 41. In Jesus Name 42. Jesus
- 43. Remember Me
- 44. We Will Change the World

45. Thank You God
46. Repent
47. Game Zone
48. Masterpiece (With Jan Conrad & Bigdigga)
49. Heaven Or Hell
50. SGR Superstars Beatz (Volume 1)
51. SGR Superstars Beatz (Volume 2)
52. SGR Superstars Beatz (Volume 3)
53. SGR Superstars Beatz (Volume 4)
54. SGR Starz Beatz (Volume 1)
55. SGR Starz Beatz (Volume 2)
56. SGR Starz Beatz (Volume 3)
57. SGR Starz Beatz (Volume 4)

58. The Quotes for Life 1
59. The Quotes for Life 2
60. The Quotes for Life 3 (Passion, Process, Progress)
61. The Quotes for Life 4 (Passion, Persistence, Love)
62. The Quotes for Life 5 (Freedom, Love, Peace)
63. Stay Positive (Single)
64. Wine To the Beat (Single)
65. Real Estate (Single)
66. Cool Skateboard (Single)
67. Work (Single)
68. I Had a Dream (With Noris Roberts) (Single)
69. Child Of God (Single)
70. Love & Peace (Single)

71. The Journey (Single)
72. Forgive Me (Single)
73. From Slavery to The Riches (Single)
74. Hip Hop (Single)
75. Only God Knows (Single)
76. The Applause (Single)
77. Vision (Single)
78. Master Musician
79. Be More
80. Appreciation
81. Aspirational
82. Masterpiece
83. Piano Masterpiece

- 84. To Be Different
- 85. Inspirational Messages 1
- 86. Inspirational Messages 2
- 87. Giving it all to God
- 88. Happy Birthday
- 89. I am a musician.
- 90. Musical Creations
- 91. Musical Masterpiece
- 92. Suffering
- 93. The Masterful Musician
- 94. Truth
- 95. Unrelatable
- 96. Piano Compositions

- 97. Star Legend
- 98. Jehovah & Jesus Christ
- 99. Born To Do Music
- 100. The Musical Ministry
- 101. Vulnerable
- 102. Music
- 103. Music 2
- 104. Music 3
- 105. The Different People
- 106. Music 4
- 107. Influential
- 108. Self-Therapy
- 109. With God
- 110. Music 5

- 111. Tooting Musician
- 112. Music 6
- 113. God Is Everything
- 114. Music 7
- 115. Grinding & Hustling Forever 2
- 116. The God Revolution
- 117. Music 8
- 118. The Music Sessions
- 119. Music 9
- 120. The Music Sessions 2
- 121. Music 10
- 122. From Being Homeless to Helping Other People
- 123. Black Star Legend

- 124. The Music Sessions 3
- 125. The Spiritual Musician
- 126. The Musical Composition (Single)
- 127. Only For Jesus Christ & Jehovah
- 128. Gospel Music (Volume 1)
- 129. My Letter to Jesus Christ & God (Single)
- 130. The Music Sessions 4
- 131. Gospel Music (Volume 2)
- 132. The Spiritual Musician 2
- 133. Gospel Music (Volume 3)
- 134. The Spiritual People
- 135. The Spiritual Musician 3
- 136. My Spiritual Story (Official Single)

137. Change (Volume 1)

138. Change (Volume 2)

139. Change (Volume 3)

My Life is Like a Story (Official Music Video) Aug 13, 2012

Street Kings & Hood Queen (Official Music Video) May 6, 2014

#SGRLIVE –

Never Be a Part of The System (Not Written) Feb 28, 2014

YouTube has always been the best place for SGR Music Company to release music, media, entertainment content.

As I was growing as a Musician in SGR and building a real true fanbase and following I was starting to change as a person and my music was changing into more spiritual & truthful music. This was important for the SGR Music

Company because the work we were doing was going in a different direction.

When I first started to create music as a Rapper from Tooting my music was about Crime, Gangs, Women, Drugs, Money, Gang Life, Tooting, Streets, Society, Culture, Party life. This was because I was writing music about my past life as a young drug dealer & robber when I grew up in Tooting. But when I started to do a lot of studying & learning about mindfulness, meditation. I started to learn more about Truth, Values, Beliefs, God, Jesus Christ, Buddha, Spirituality, Christianity, faith.

This is where my life as a Musician in SGR started to really spiritual change and the music, I was writing was more to do with Spirituality, Truth, Culture, Religion, Morals, Values, Beliefs, Faith, Jesus Christ, God.

When I created The Personal Announcement Video on YouTube on Aug 19, 2014. I said to my true fans & followers that I need to take time out of doing YouTube Videos & working in the SGR Music Business to find out

what is life all about and what is the truth in life that I am needing to find. This video I shared openly about my decision to stop working in SGR Music Business and to find out who I am truly am as a human being and Musician. I said to my true fans & followers that they would be able to contact me through mobile & email, but I am going to take some time out of SGR Music Business & social media. I was going through a Spiritual Awakening and a Spiritual Journey with my life as a Human Being and was really discovering who I am as a person.

In 30/09/2014 I lost my home and all my possessions in a Fire which burn away all of my possessions in a massive fire. This day transformed my life into Spiritual Person and homelessness. At the time I recently loss my relationship to my ex-partner and was going through true depression & sadness due to the breakup. It was losing my relationship to my ex-partner which helped me discover mindfulness & mediation because I wanted to search deep within myself for the answers of why I am not able to be

myself in relationships and why I keep losing important people in my life. I believe the fire which took my home, and all of my possessions was the beginning of my Spiritual Life Journey and Faith life because I already had nothing once I loss everything. I loss all of my music equipment's when the fire burns away all of my possessions so my SGR Music Company was gone because I wouldn't create music content anyway for having no music equipment. My Home Music Studio was destroyed all my Mics, Headphones, Guitars, Pianos was burned away due to the fire.

Because I lost my home and all my possessions in a fire on 30/09/2014 I realize that I needed to change as a person and find my truth & faith within my life for Jesus Christ & God. I was homeless and mental psychotic when I got the help & support that changed me as a person from two people Paul Dorrington (Lead Employment Specialist) & Karen Meechan (Clinical Psychologist).

Paul Dorrington & Karen Meechan helped me to recovery from my mental health conditions and helped me to get back into properties from homelessness.

As I went on the Spiritual Journey of Homelessness & mental health difficulties, I realize the important of Jesus Christ & God. Spirituality & Christianity became very important to me, and my life changed as a Homeless person into a Spiritual Person.

I started to work in the mental health industry support clients with mental health conditions and I changed spiritually has a person.

Because I loss everything in 30/09/2014 Jesus Christ & God was working with me to really help other people & give back.

Through lots of hard working and helping other people I managed to save up effort money to buy back all of the possessions I loss and My flat which was burned down in

a fire was completed refurbished, so I was able to move back into my flat and live there again.

After a few months and working hard with the mental health industry I recreated my Home Music Studio and brought back all of my possessions. It is a miracle that I was able to live back in my flat again and do music again because I went through so much pain & suffering.

I started to create music again (Albums, Mixtapes, Eps, Singles) in my Home Music Studio and try my best to create Spiritual Music & Truthful Music. Because I had some much life experiences that happened to me from 2014 – Present my music was transformed into Spiritual Music and as a musician my focus was Change, Helping Other People, Ministries, Making a Difference, Jesus Christ, God, Spirituality, Christianity.

There was a massive difference between my music 2010 – 2014 (Before the fire) to 2014 – Present. The thing I realize is that I went through a Spiritual Transformation and Spiritual Revolution.

Because I changed into a Spiritual Person dramatically, Jesus Christ & God gave me the gift & talents to see into the Future which I say it called Freedom from The Known. I had a Spiritual Awakening of my Spiritual life Journey and Spiritual Life Purpose.

I recreated a new Starz Gang Rockstarz YouTube Channel on Jan 25, 2023, and started again to release music content on SGR new YouTube Channel. This was very important for me because now that I have changed into a Spiritual Person the SGR Music Company will only be creating Spiritual Music, Media, Entertainment which is focus on Change.

What changed my SGR Music Company, and my life was watching a YouTube Videos Series from Jiddu Krishnamurti & Dr Allan called A Wholly Different Way of Living. I watched this YouTube Videos series before I lost my home and all of my possessions in a fire. This is where I learn about mindfulness & meditation. I believe Jesus Christ & God wanted me to watch this video series which has changed my life spiritually in every way.

I am very grateful to Jiddu Krishnamurti, Dr Allan, Paul Dorrington, Karen Meechan, Dag Heward Mills for changing me into a Spiritual Person who believe in Jesus Christ & God,

I have now got a Brand-New Home Music Studio which I create Music at home and got back all of my music equipment.

Chapter 21 - Living A Spiritual Life

Living a Spiritual Life has become the most important thing in my life because of all the suffering and pain I have gone through as a human being. Being Spiritual become a very important thing for me and I am focus on living a Spiritual Life and helping other people in what they are going through.

My Spiritual Life is all about living for Jesus Christ & God and living the No Self & Selflessness.

Helping Other People has become so important in my daily life and Spiritual Life and I try my best to help other people every day through mental health work, Ministries Work, Audios, Videos, Messages, Sermons, Books, Audios and more.

Helping Other People & Giving Back has made my life spiritual and this is the important thing in my faith & Christian life.

I am a Spiritual Person but that doesn't mean I don't have a faith or believe in Jesus Christ & God. My Spirituality makes me believe in Jesus Christ & God.

I do tell people that I meet that I am not religious due to tattoos & mistakes that I have made within my life but I do really express to people that I am a Spiritual Person.

Spirituality has been the most important thing in my life and I truly value and appreciate my spirituality because it made me who I am as a Person.

Spirituality for me is all about helping other people & giving back. The more people you support, and help is the more spiritual and selfless you become.

I discover the important of the No Self & Selflessness by helping other people & giving back for 9 – 10 years which has changed my Spiritually and now I live the No Self.

No Self is a life of Spiritual Contributions to others and helping other people in what they are going through. You

change spiritually once you help other people and give back.

My Spiritual Life is focus on helping other people & giving back to hundreds, thousands, millions, billions of people worldwide.

My Spiritual Life

- Believing in Jesus Christ & God
- Praying To Jesus Christ & God
- Reading the Bible
- Spending time in Nature
- Journalling Everyday
- Learning new things everyday
- Helping Other People
- Evangelism on the Street of Southwest London
- Working Out & Exercising

The important thing about my Spiritual Life is doing the work for Jesus Christ & God and living the No Self & Selflessness.

Spirituality is very important and since I lost my home and all my possessions in 30/09/2014 I have been on a Spiritual Journey, helping other people & giving back.

Helping Other People has changed me spiritually into being a homeless person into a spiritual person because this change is what I call a Spiritual Transformation and Spiritual Revolution.

I believe that losing my home & all my possessions helped me to discover my faith and spiritual life because I loss everything that was important to me.

My spiritual life started in 30/09/2014 – Present and I have been truly focused on helping other people and giving back because it is so important to help other people and make a difference.

Homelessness was the key to my Spiritual Life because I didn't have anything in 30/09/2014 and I had to discover and learn about Spirituality, Faith, Jesus Christ, God, Buddha.

My Spiritual Life is about the No Self & Selflessness

No Self has become the most important thing in my Spiritual Journey because the No Self is a life when you don't think about yourself you are only focus on helping other people and giving back.

No Self – Spiritual Life of Spiritual Contributions in Helping Other People.

Chapter 22 - Achieving My Dreams & Desires

From 30/09/2014 when I lost my home and all my possessions in a fire, I didn't have any dreams & desires that I wanted to achieve for myself because I lost everything which was important to me. When I got support from Paul Dorrington & Karen Meechan who helped me when I was homeless and mental psychotic my life changed into helping other people & giving back due to the work and support, I received from Paul Dorrington & Karen Meechan.

The work I did with Paul Dorrington & Karen Meechan helped to spiritually change me and helped me to find my faith, Jesus Christ, God, Spirituality, Christianity. I was not always helping other people and giving back in my life because I was homeless and had lots of mental health difficulties. As I changed my situation of homelessness into getting back on my feet and looking after myself, I started to develop my dreams & desires because I knew

that I want to make a difference and a contribution in helping other people & giving back.

I called my dreams and desires – Spiritual Dreams & Desires because most of my dreams & desires is focus on helping other people and giving back.

I have spent so much time really understanding and thinking about my dreams & desires for many years since I was homeless in 30/09/2014 and there has been lots of spiritual understanding for me to learnt what I want in my life and the person I want to become.

My dreams & desires are not selfish dreams & desires because I had nothing in 30/09/2014 and I was not achieving dreams & desires thinking about myself and what is best for me.

My dreams & desires were focus on how I can make a difference and Spiritual Contributions to helping other people and giving back.

I am going to share my dreams & desires and show the importance of achieving them.

Be List

- Author
- Mentor
- Life Coach

Christopher Liam Rose Spiritual Dreams & Desires

- Motivational Speaker
- Evangelist
- Musician
- Teacher
- Counsellor
- Entrepreneur
- Millionaire

Do List

- I want to become healthier
- I want to become a Vegetarian
- Go to the gym

- Travel the world
- Create things of meaning & value
- Give money to church
- Give money to charities
- Be healthy
- Read 100 books
- Volunteer Oversea
- Build a Church
- Build a School
- Have List
- Wife & Kids
- Car/Motorbike
- Buy Flat in London
- Buy House in Margate
- Self-Development Business/Online Business
- Creative Studio
- Passions
- Helping Other People
- Music
- Faith

- Purpose
- Helping Other People
- Being Selfless
- Being Creative
- Living the No Self
- Living for Jesus Christ & God
- Businesses
- Selflessly Helping Other People
- SGR
- Christopher Liam Rose Ministries
- Christopher Liam Rose Foundation

As I share my dreams and desires, I want you to understand the importance of helping other people & giving back.

I have achieved most of my dreams & desires that I have listed in this book because of the work I do in helping other people & giving back.

My dreams & desires are not completely focus on me but on the work in helping other people and giving back.

I am very passionate about my dreams & desires because these are the things that motive my life to help other people & give back, but the truth is I am more focus on being Selfless & living the No Self because when I don't think about myself, I can whole devote my life to helping other people & giving back.

My Spiritual Dreams & Desires was not things I was plan on achieving because my life was different in 30/09/2014 when I lost my home and all of my possessions in a fire. But because I did lots of studying, learning, spiritual understanding on what I want and the things that are very important to me from a Spiritual Perceptive then I realize that all my dreams & desires need to be focus on helping other people & giving back because this is the spiritual motivation and spiritual life purpose of my work and my life.

Achieving my dreams & desires is important to me like I have said already within this book, but the truth is it my relationship with Jesus Christ & God, Spirituality,

Christianity, Selflessness, No Self that really inspire me to help other people & give back.

When Paul Dorrington & Karen Meechan helped me when I was 24 – 25-year-old I didn't have anything because I was homeless and mentally psychotic, but I did discover my faith & spirituality when I was 24 – 25-year-old.

The Faith & Spirituality motivated me to help other people because I didn't have anything when I was 24 – 25-year-old.

The truth for me is I do not have any motivations or aspirations to achieve money, houses, cars, materialistic things because that is not my dream or desires and doesn't motivate me at all.

The only thing that I am focus and motivated to do with my life is helping other people & giving back due to lots of suffering and pain.

This is not because I am successful, and my dreams and desires make me successful it because of my Faith and Spiritual Journey.

Like I said when Paul Dorrington & Karen Meechan helped me when I was 24 – 25-year-old I had to discover my faith & Spirituality because this was the only real important thing for me.

When you become Spiritual and help other people and give back the one thing you realize is OTHERS because people need help & support.

I will say now that it is important to discover you dreams & desires because that would be the motivation for you to achieve them but if you really want to become spiritual and understand the importance of helping other people and giving back. Focus your life and work on helping other people and giving back because that the way you make spiritual contributions.

Spiritual Contributions become everything and more to someone who is Spiritual.

Achieving is very important in helping other people. Yes, because this is important in the work you do but Spirituality & Faith become even more important than just achieving dreams & desires.

It is important to learn Spirituality & Faith in helping other people and giving back because this is when you discover the Selflessness & No Self.

Helping Other People is the true motivation for any dreams & desires because the more people you help and support the more, you're making a difference and helping humanity, animals, universe.

It is very hard to explain how important helping other people is for your own dreams & desires but there is one thing to help you truly understand what it would take for you to understand the important of helping other people for your dreams & desires.

CHANGE – Spiritual Revolution

The only way to really understand the important of helping other people with your dreams and desires is Change.

Change because the most important thing in everything you do in your life because without change you cannot change your dreams & desires to helping other people & giving back.

People find it very hard to believe the important of Change but just like I said in my Spiritual Journey when I was 24 – 25 years old when I loss everything in my life due to the fire burning all my possessions and home that when I changed Spiritually, and my dreams & desires changed also.

Without Change then nothing is possible. This Is True. I am not saying to people that you are unable to change your life because of everything and this is too difficult due to personal reason.

In this chapter the truth of Dreams & Desires comes from Helping Other People & Giving Back because the CHANGE – will CHANGE EVERYTHING.

Change is the most important thing because Change will change you spiritually in helping other people & giving back. Once you have changed spiritually then your dreams & desires will change.

Change – Spiritual Dreams & Desires

Change – Spiritual Revolution

Chapter 23 - Losing, Suffering, Sacrificing My Whole Life to Be with Jesus Christ & God

I wanted to really give my whole life to Jesus Christ & God because of all the suffering & pain I went through when my younger life from 15 – 25 years. I always suffered from mental health difficulties and pain from experiencing so many negative life experiences from Drug Overdoses, Abuse in my family, Abortions of my children from ex-partner, gang life, crime, drugs, women, break up relationships. All these negative life experience made me into a very negative person who couldn't cope with my mental health problems. For 15 – 25-yearold I was always in & out of mental health hospitals dealing with mental health difficulties and life challenges. I realize when I was younger my life was always going to be like this because I didn't have a way or didn't know a way of getting out of the mental health trap that I was in.

My family would support & look after me with my mental health problems, but I didn't have any answers to my

ongoing problems. My mental health problems were destroying my life and my upbringing.

It was only when I was 24 – 25-year-old on 30/09/2014 when I lost my home and all of my possessions in a fire that I realize I need to take control of my life and that it was up to me to change my life for the better. When I loss everything that was important to me – Break Up from Ex Partner, Loss of Home and all of possessions, Loss of Music Equipment, Loss of all my materialistic things. I realize that I needed to discover Jesus Christ & God because I had nothing in 30/09/2014 and I was made completely homeless & mentally psychotic.

I developed my faith at 24 – 25-year-old and started to believe in Jesus Christ & God when I got the help & support from my 2 heroes Paul Dorrington & Karen Meechan. This completely transformed my whole life from being homeless with years of mental health difficulties into helping other people in the mental health industry.

The work I did with Paul Dorrington & Karen Meechan has completely change my whole life in every way because they helped me when I was homeless and when I had nothing in my life.

As I started to attend Church in Lighthouse Chapel International (Battersea) and started to read my bible and pray to Jesus Christ & God. I realize that I need to devote my whole life to Jesus Christ & God.

My Losing, Suffering, Sacrificing gave me Spiritual Understanding of what I needed to do in my life and why it was so important to devoted my whole life to Jesus Christ & God.

Once I really decided to give my life to Jesus Christ & God, I got baptized in Lighthouse Chapel International and gave my life Wholly and Completely to Jesus Christ & God.



**Christopher Liam Rose – Baptism in Lighthouse
Chapel International (Battersea) 17/01/2016**



**When I was baptized into the water and becoming
Born Again by Reverend T**

I was so happy that I got baptized and was a Born-Again Christian for Jesus Christ & God which was overwhelming which has changed me Spiritually.

As my faith grow in Jesus Christ & God, I had a calling & spiritual life purpose to become an Evangelist and preach the Gospel of Jesus Christ & God to the streets of South West London. I started to work in Ministries and do the Evangelism Ministry really preaching the Gospel of Jesus Christ & God.

Right now, in my life I am an Evangelist but I am slowly going to become a Pastor & Teacher within the Christianity Faith.

Being an Evangelist is the most important work for me and I devoted my life to Jesus Christ

& God by preaching the Gospel of Jesus Christ Worldwide through Videos, Audios, Music, Sermons, Messages.

I have learnt that being an Evangelist is Life work in ministries for Jesus Christ & God and I will always be an

Evangelist and Preach the Gospel because of my suffering & pain.

Jesus Christ & God saved my when I was 24 – 25-year-old from the fire which burn away my home and possessions.

I owe my life to Jesus Christ & God spiritual grace because there was a possibility that I couldn't still be in the world due to fire so they have saved me and now I devoted my whole life to doing the work of Ministries for Jesus Christ & God.

I have also devoted my whole life to helping other people and give back because this is the most important work for me to do due to my personal reason.

I have now worked in the mental health industry for 9 – 10 years which is a decade in helping other people and I am very happy I chosen this vocation & career path to work in.

The work of helping other people & ministries is all very important to me and I try my best every day to work hard in my work and make sure people don't go through the struggles and challenges I went through when I was 15 – 25 years old.

I have now become a Spiritual person due to Mindfulness, Meditations, Prayer and now I live the life of No Self, Selflessness, Spirituality.

Spirituality become everything to me, and I am very passionate about my relationship with Jesus Christ & God which grows my faith & Spirituality.

NO SELF SPIRITUALITY SELFLESSNESS JESUS
CHRIST & GOD

John 3:16 NIV

For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life

Philippians 2:4 NIV

not looking to your own interests but each of you to the interests of the others

John 14:6 NIV

Jesus answered, “I am the way and the truth and the life. No one comes to the father except through me.

Matthew 28:18-20 NIV

Then Jesus came to them and said, “All authority in heaven and on earth has been given to me. Therefore, go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely, I am with you always, to the very end of the age.”

Chapter 24 - Spiritual Fulfillment

I want to write about Spiritual Fulfilment because this has become so important in my spiritual journey in my life.

For me the Spiritual Fulfilment comes from helping other people & giving back. I started to feel completely fulfilled and happy when I was helping other people & giving back. Spiritual Fulfilment & Spiritual Life Purpose is very important to me, and I truly value the true fulfilment and Spirituality that I get from helping other people and giving back.

I try my best to help other people without wanting something in return for the work I do but I always feel happy and fulfilled when I am helping other people.

I also gain Spiritual Fulfilment when I create Music, Videos, Books, Audio, Messages, Sermons for Online Content. I am a creative person and also a musician and positivity and creativity has become the two things I am really good at. I am a very positive person, and I am a very creative person.

Creating things of meaning & value helped me to become Spiritual Fulfilled.

My advice to anyone who want to really experience Spiritual Fulfilment is to help other people, give back, make a difference and a contribution to others.

Helping Other People brings Spiritual Fulfilment

When I am Spiritual Fulfilment my Spiritual & Emotional State changes into Spirituality where I feel completely fulfilled.

Living your Spiritual Life Purpose and doing work that Fulfilled you will give you Spiritual Fulfilment.

I also get Spiritual Fulfilment when I go out on Evangelism and preach the Gospel of Jesus Christ & God on the streets of South West London.

Evangelism gives me Spiritual Fulfilment, Believing in Jesus Christ & God makes me Spiritual Fulfilment

because I know Jesus Christ & God has blessed me Spiritually as a person.

Spiritual Fulfilment is linked to Spirituality & Nature

When you give your life to helping other people – your life becomes more fulfilling.

Matthew 10:39 NIV

Whoever finds their life will lose it, and whoever loses their life for my sake will find it? Loss your life in Helping Other People & You will Find Your Life

Chapter 25 - Selflessly Helping Other People

Selflessly Helping Other People is so important to me, and this is what my life is all about. I have been working in the mental health industry for 9 – 10 years helping clients with mental health difficulties. Because of my own mental health problems and life challenges I have devoted my whole life to Selflessly Helping Other People & Giving Back. This is important because I don't think about myself when I am helping other people and giving back.

Selflessly Helping Other People because a Life Mission and Vocation where you devoted your whole life to helping other people and giving back. I am not saying that Selflessly Helping Other People is easy to do because it takes lots of time and patience to really support lots of people but if you have a desire, dreams, ambition to help other people then you should really devote your whole life to the work.

Helping Other People is not a job, it is a Vocation & Career Path. Once you start helping other people and giving back you will really see the important of impact, difference, contributions.

Selflessly Helping Other People is my Legacy and Life Work. I have always been very passionate about helping other people because it means a lot to me to support & help other people in what they are going through, but the truth is this is Spiritual Work for me which makes me very content & fulfilled in the work I am doing to help other people.

I believe that Jesus Christ & God was working in me to really help other people and do this spiritual work because it is so important to life and nature.

I really value the important of Spirituality, Jesus Christ, God, Buddha within my life because my faith and Spiritual beliefs help me to really make a difference & contributions to people lives.

I value the support and help I received from Paul Dorrington & Karen Meechan when I was 24 – 25-year-old because they completely transformed my life into helping other people and give back.

My motivation to Selflessly Helping Other People is realizing that all Humanity, Animals, Universe need help and support and by helping other people I am making a spiritual contribution that will stay in lots of people lives forever.

Kindness, Care, Compassion, Love, Empathy have been very important to me because I know Jesus Christ & God loves me for saving me in 30/09/2014 from a Fire in my home when I loss all my possessions. Also, I know Paul Dorrington & Karen Meechan love and care about me for helping me when I was at the lower, negative, destructive, vulnerable place in my life because of homelessness and mental health crisis.

Selflessly Helping Other People is everything to me and I have completely devoted my whole life to helping other people and giving back.

John 3:16 NIV

For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.

Philippians 2:4 NIV

not looking to your own interests but each of you to the interests of the others

My faith & Spirituality makes me Selflessly Help Other People and give back because my spirituality is everything to me and it is very important in my life.

Chapter 26 - Thank You

I would like to say thank you so many readers for reading Christopher Rose Life Story (Part 2) because this book is part of my biography of my life & times. I want to say thank you to all the people who have helped me to write this book because they are all important to me.

Jesus Christ & God – Thank You Lord for making read my life story (Part 2) this is a book to show all the amazing and unbelievable things you have done in my life, and I hope that my faith & spirituality really inspire people and help people to help other people and give back. Lord, you have been so good to me and thank you for saving me in 30/09/2014.

Paul Dorrington (Lead Employment Specialist) – Thank You Paul Dorrington for all the inspiration and support you have given to me since 2014 – Present. You will forever be my hero and role model within the mental health industry & IPS Employment Specialist Service. I am so grateful for all the knowledge & wisdom that I have

learnt from you it has been amazing to learn so much and I am eternally grateful for getting back into Paid Employment and helping me to find my Spiritual & Life Work.

Karen Meechan (Clinical Psychologist) – Thank You Karen Meechan for all your kind, compassion, empathy that you have shown me in my life and you're the real reason why I have truly recovery from my mental health condition and mental health difficulties. Thank you, Karen, for you great knowledge & wisdom you have given me and helping me to write in journals which I have been writing in from 2014 – Present. You will forever be my hero and I love you as a human being and great leader & role model. I will eternally be grateful for the Counselling/Psychology Therapy you gave me in 2014 – Present.

Mother & Father (Donna & Seymore) – Thank You Mum & Dad for creating me and being a good role models for our family. I love you deeply and thank grateful for all the support & love you have shown me within my life and my

mental health difficulties. Thank You Mum & Dad for being so strong and being able to look after me when I was 15 – 25-year-old. You helped me to become the Man I am today, and I am eternally grateful thank you.

Brothers & Sister (Alex (Twin Bro), Matthew (Older Brother), Marcus (Older Brother), Michelle (Older Sister) – I want to say Thank You to all of my brothers & sister for support & helping me with my mental health difficulties and life challenges. You have all given me great support and thank you for everything I am eternally grateful.

Nan – Thank you Nan for showing me Jesus Christ & God, Spirituality, Christianity. You are a true inspiration and hero in our family and thank you for your kindness & love toward me. I am eternally grateful.

Dag Heward Mills – Thank You Dag Heward Mills for your teaching & preaching of Jesus Christ & God you are a true inspiration to me, and I have lots of love & respect for you. Thank You so much for lighthouse chapel

international and for being a great teacher, evangelist, pastor for Christianity & Spirituality.

Reverend T & Reverend Archie (Lighthouse Chapel International – Battersea) – Thank you for Reverend T & Reverend Archie for helping me in church and building my Spirituality, Christianity, Faith in Jesus Christ & God. Thank you for being great pastors and preaching the gospel of Jesus Christ at Church I have learnt so much from both of you. Thank Your Reverend T for Baptizing me when I was younger at Lighthouse Chapel International this was a transformational spiritual change in my life which I am eternally grateful for. Thank you both so much.

I hope you have enjoyed reading my Life Story (Part 2) and remember helping other people, Jesus Christ, God, faith, Spirituality, Family is very important.

John 3:16 NIV

For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.

Philippians 2:4 NIV

not looking to your own interests but each of you to the interests of the others



THANK YOU, JESUS CHRIST & GOD I WILL
WHOLLY DEVOTED MY LIFE, TO MINISTRIES &
HELPING OTHER PEOPLE. THANK YOU FOR
YOUR GRACE & MERCY ON MY LIFE AND YOU
ARE MY SPIRITUAL MOTIVATIONS FOR HELPING
OTHER PEOPLE & GIVING BACK.

Spirituality – Faith – Christianity – Helping Other People
– Music

Life Mission

- To help hundred, thousand, millions, billions of people worldwide
- Do the work of Ministries for Jesus Christ & God
- Become a Spiritual Evangelist, Pastor, Teacher in the Gospel of Jesus Christ & God
- Honor Spirituality, Paul Dorrington, Karen Meechan, Dag Heward Mills, Family

Christopher Liam Rose Books

- Christopher Rose Life Story
- Be What You Want to Be
- The 15 Successful Habits
- Selfless
- Anointing
- Life Purpose

- Helping Other People
- Giving Without Receiving

- Fulfilment Learn
- It Is Not the Problems That Make You Who You Are, It Is the Person You Become That Make You Who You Are
- The Evangelism Ministry Learning Is a Part of Living
- The Self Is the Problem
- I Don't Want
- No Self
- Miracles
- Christopher Liam Rose Journal 2015 – 2016
- (Living With Jesus Christ & God) - Christopher Liam Rose Journal 2016 -2017
- Losing, Sacrificing, Suffering
- Observation
- Christopher Liam Rose Testimony

- SGR BOOKS – Christopher Liam Rose
Music Discography
- Christopher Liam Rose Journal 2018 -2019
Christopher Rose Life Story (Part 2) 145

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